🧪 AI × MASALA EXPERIMENT

VOL. 01

Ctrl+Alt+Curry

Towards AI-Transformed Recipes

100 Indian recipes. One AI, one rulebook, zero chill. Every dish gets classified, remixed into a fusion twist, and lightened up — with nutrition numbers to back it up.

SOURCE DATA	FLAVOR DATA	THIS VOLUME	AI VARIANTS	POWERED BY
5,938 recipes	936 flavors	100 recipes	300 remixes	Claude 🤖

Parth Mehta

AUTHOR & PROJECT LEAD

📖 CONTENTS INDEX

What's Inside

100 AI-transformed recipes follow the front matter below — full index with page numbers on page 8.

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📊 THE RAW MATERIALS

CHAPTER 01

The Data Behind the Dish

Every transformation in this book stands on three real datasets — not vibes. Here's what's actually inside them.

Recipe Corpus

ARCHANA'S KITCHEN, VIA KAGGLE · 5,938 SOURCE RECIPES

100 recipes were selected for this volume, spanning **29 distinct cuisines** — Continental and Indian tie for most common at 14 each, followed by North Indian (11) and Bengali (8). Average 11.3 ingredients per recipe.

Source: kaggle.com/datasets/sooryaprakash12/cleaned-indian-recipes-dataset

FlavorDB

936 FLAVOR ENTITIES · 13 CATEGORIES

Split evenly — 72 each across Fruits, Spices, Vegetables, Meats, Dairy, Cereals, and more — every entity tagged with **10 to 52 flavor-pairing molecules**. This is the reference behind every fusion-cuisine suggestion in the book.

Source: cosylab.iiitd.edu.in/flavordb — Garg et al., *Nucleic Acids Research*, 2017

IFCT 2017

542 FOODS · 356 MEASURED ATTRIBUTES

India's official food composition tables — water content, protein, fat, ash, and hundreds more values, each with lab-replication error margins. Every nutrition estimate here is grounded against this table, never invented from scratch.

Source: National Institute of Nutrition (ICMR) — nin.res.in/ebooks/IFCT2017.pdf

SURPRISING PATTERNS IN THE DATA

UNPLANNED

The Mexican Fusion Problem

Mexican ended up the single most-used fusion style project-wide (27% of all fusion cards) — not planned. Lime, chili, and cumin just overlap with North Indian flavor logic more than any other cuisine.

ACCIDENTAL FINGERPRINT

Six Ingredients Run the Show

Onion, turmeric, oil, red chilli powder, ginger, and garlic show up more than anything else across the full recipe set — basically the flavor fingerprint of Indian home cooking, discovered by accident.

5 MIN → 600 MIN

One Word, Wildly Different Dishes

A beaten coffee and a slow dum-cooked mutton curry are both filed as "recipes" in the source data — a 120x spread in cook time hiding under one label.

HOW IT WORKS

CHAPTER 02

The Method Behind the Masala

Every recipe runs through the same four-step pipeline before a single word gets written. No vibes-based rewriting — just rules, applied consistently, every single time.

```python
def classify_card_one(ingredients: list[str]) -> str:
    # vegan check must run before the generic veg check
    NONVEG = {"chicken","mutton","fish","prawn","shrimp",
              "crab","beef","pork","lamb"}
    EGG = {"egg","eggs","egg white","egg yolk"}
    DAIRY = {"paneer","curd","dahi","yogurt","ghee",
             "milk","cream","honey","cheese"}

    text = " ".join(ingredients).lower()

    if any(m in text for m in NONVEG):
        return "VEGETARIAN_SWAP"
    if any(m in text for m in EGG):
        return "EGG_FREE_SWAP"
    if not any(m in text for m in DAIRY):
        return "HIGH_PROTEIN_VEGAN"
    return "HIGH_PROTEIN_BUMP"
```

🥩 **Meat / poultry / seafood** in the ingredients? Card 1 becomes a **vegetarian swap** — never a vegetable, legume, or grain removal.

🥦 **Already vegetarian?** Card 1 just gets a real **protein bump** — more of something, not a fake add-on.

🌱 **Already vegan?** Card 1 **stays vegan.** Dairy never sneaks back in.

🎨 **Card 2** is always a genuine **fusion twist** — a different world cuisine's flavor logic, not a label swap.

⚖️ **Card 3** follows a fixed **lighter-version playbook**: less oil/ghee/sugar, bake instead of fry, more veg.

CUISINES REMIXED
22 styles

ALREADY VEG
84% of recipes

NUTRITION SOURCE
IFCT tables

SERVINGS ASSUMED
4 per recipe

🤖 TALKING TO THE AI

CHAPTER 03

The Prompt Behind the Plate

Nutrition numbers and ingredient swaps were never invented freely. Every recipe hit the model with the same explicit brief — here's the representative version.

```
// representative-instruction.txt
Given the source recipe below, classify it using the four-rule
decision policy, then generate exactly three variation cards:

  1. PROTEIN CARD — apply the classification rule. Never remove
     vegetables, legumes, or grains solely to hit a label.
  2. FUSION CARD — reinterpret the dish through ONE different world
     cuisine, following the dish's own flavor logic.
  3. LOW-CALORIE CARD — apply the fixed playbook: less oil/ghee/sugar,
     bake instead of fry, more vegetable volume.

For every card, estimate calories / protein / fat relative to the
original using IFCT-style composition as a reference. Label all
nutrition as AI-estimated. Keep the original recipe completely unedited.
```

💡 WHY THIS FRAMING MATTERS

"Make this recipe healthier" produces wildly different results every time you ask. Turning the decision policy into an explicit, checkable rule set — instead of trusting judgment call after judgment call — is what let 100 independently-generated recipes come out as one coherent set instead of 100 random rewrites.

🚫 WHAT THE MODEL DIDN'T DECIDE

The classification rules, the fusion-cuisine rotation, the low-calorie playbook, and the visual template were all fixed in advance. The model's job was to fill in recipe-specific content inside that structure — not to design the structure itself.

🛠️ FUTURE WORK

CHAPTER 04

Glow-Ups We'd Ship Next

Nothing here shipped perfectly on the first try — including one bug we actually caught mid-project. Here's the honest backlog.

We literally hit this one — BUG-01

Duplicate-Proof Filenames

Two recipes 400 cards apart accidentally shared a filename — one silently overwrote the other. Fixed with a 2-line uniqueness check that should've existed from day one.

Estimate → exact — IMPROVE-02

Real Nutrition Lookups

Calories/protein/fat are AI-estimated against IFCT categories today, not a precise per-gram lookup. Next version parses real quantities and does the actual math.

100 → 5,938 — SCALE-03

Testable Classification

The veg/non-veg/vegan rules were checked by hand, recipe by recipe. At the full dataset's size, that needs an accuracy-tested classifier, not careful reading.

Accidental skew — BALANCE-04

Smarter Fusion Rotation

Mexican fusion got used way more than anything else, purely by chance. A real frequency tracker would make cuisine variety a deliberate dial, not a lucky roll.

Eyes → scripts — QA-05

Automated Visual Checks

Every page was checked by rendering it and measuring pixel overflow with a script — good, but manual. A proper visual regression suite would catch layout breaks automatically.

Valid ≠ well-proportioned — TASTE-06

Ingredient-Quantity Sensitivity

Chili in a cake can be a legitimate fusion twist — but how much chili is the difference between a twist and a disaster. Swap validity and swap quantity are different problems, and only the first one is solved today.

🙏 THANK YOU

CHAPTER 05

Thanks & Taste-Testers

This project got meaningfully better because a few people gave it their time, their expertise, and — in one case — their appetite.

Professor Vikram Goyal

IIIT-DELHI

Offered invaluable advice on AI models, prompt design, and technical direction throughout this project. His guidance shaped the classification framework and generation approach this entire book is built on.

Dr. Nirupama Gangopadhyay

NUTRITIONIST · scimplify-coach.com

Reviewed the recipes from a nutritional standpoint and caught that some AI-generated protein values weren't accurate — which sent me back to correct the *prompt itself*, so the model produces more reliable estimates going forward, not just patched numbers.

Gurmehar Bhogal

STUDENT, INDIAN SCHOOL OF HOSPITALITY

Helped validate that the AI-transformed recipes actually made culinary sense. She flagged that a fusion swap can be conceptually valid — chili in a cake, for instance — while the *amount* still makes or breaks the dish. That's a gap left for a second edition.

❤️ **Thanks, Mom, for actually cooking several of these transformed dishes at home, and Dad, for bravely trying them.**

Any errors or rough edges that remain are mine alone.

THE RECIPES

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1 AI RECIPE TRANSFORMATION

Achari Gobi Shimla Mirch Ki Sabzi Recipe (Capsicum And Cauliflower Sabzi)

North Indian • Pickle-Spiced • Weeknight Dinner

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

150 kcal	4.0 g	7.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Cauliflower (gobi) - florets
- 1 teaspoon Cumin powder (Jeera)
- Salt - to taste
- 2 teaspoons Red Chilli powder
- 1 teaspoon Coriander Powder (Dhania)
- 3/4 teaspoon Methi Seeds (Fenugreek Seeds)
- 1 Onion - finely chopped
- 2 tablespoons Lemon juice
- 2 Green Bell Pepper (Capsicum) - diced
- 2 teaspoons Mustard seeds
- 3 Tomatoes
- 1 tablespoon Garlic paste
- 1 tablespoon Sunflower Oil - or pickle oil

METHOD

1. Dry roast mustard seeds and fenugreek seeds separately; grind into a smooth powder for the achari masala.
2. Boil tomatoes until the skin comes off; peel, cool and puree.
3. Heat oil; saute onions until soft and translucent.
4. Add ginger-garlic paste and cook 2 minutes.
5. Add capsicum and fry until soft.
6. Add cauliflower florets and salt; cover and cook until about 80% done.
7. Add tomato puree and cook 3-4 minutes.
8. Add coriander powder, cumin powder, red chilli powder and the achari masala powder; mix.
9. Cover and cook 6-8 minutes, adding a little water if needed.
10. Finish with lemon juice and serve with phulka.

25 min · North Indian Recipes · 4 servings · archanas kitchen.com/achari-gobi-shimla-mirch-ki-sabzi-recipe-capsicum-and-cauliflower-sabzi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Achari Gobi Shimla Mirch

- Cubed paneer folded in during the last few minutes of cooking
- A handful of roasted peanuts added for crunch and protein
- Cauliflower quantity kept exactly as original
- Add the paneer in the last few minutes so it stays soft

200	9.0g	10.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Pickled Spice Cauliflower Pepper Saute

- Achari masala swapped for coriander seeds, fennel and dried oregano
- A splash of red wine vinegar added for tang instead of amchur
- Finished with fresh parsley and a drizzle of olive oil
- Simmer a little longer for the Mediterranean spices to infuse

170	4.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Achari Gobi Shimla Mirch

- Oil reduced to a light 1 teaspoon
- Extra tomato used to keep the sabzi moist without added fat
- Cauliflower and capsicum quantities kept the same for the same fiber
- Cook covered a little longer on low heat instead of adding extra oil

100	4.0g	3.0g
KCAL	PROTEIN	FAT

2 AI RECIPE TRANSFORMATION

And fish soup recipe - Bengali style fish in tomato gravy

Bengali • Weeknight • Gravy

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

272 kcal	30.0 g	14.3 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1-1/2 tablespoons Ginger - paste
- 1-1/4 cups Water - add 2 cups if you like a loose gravy
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 teaspoon Cumin powder (Jeera)
- Salt - to taste
- 4 Green Chillies - coarsely crushed
- 1 Tomato - finely chopped
- Mustard oil - as required
- 1 teaspoon Coriander Powder (Dhania)
- 1 tablespoon Coriander (Dhania) Leaves - optional
- 2 Bay leaves (tej patta)
- Sugar - a pinch (optional)
- 600 grams Aar Maach (fish) - rohu/ katla fish (cut into thick steaks)
- 1/2 teaspoon Cumin seeds (Jeera)
- 2 Green Chillies - slit lengthwise

METHOD

1. To begin making the Aar Macher Jhol Recipe, firstly marinate the fish with salt and turmeric powder.Heat oil in a wok and shallow fry the fish on both sides till they turn crispy and golden.
2. Remove and keep aside.Into the same wok, add bay leaves and cumin seeds.
3. Fry these for 1 minute and add the chopped tomatoes.Sauté well.
4. Into this Bengali Style Fish Gravy, add turmeric powder, cumin powder, coriander powder and enough salt and sauté till tomatoes soften.
5. Add the ginger paste and coarsely crushed green chilies.
6. Sauté till raw smell goes away and oil floats.Now add the water and allow the Fish gravy to come to a boil.
7. Once the gravy starts boiling, add the fried fish and cook covered till fish has cooked through.
8. [This should take about 6 to 8 minutes approximately]Once the fish has cooked through, add the slit green chilies, adjust salt if necessary and add sugar to taste.
9. Allow it to cook for 5 minutes.Garnish this Bengali Fish Curry with coriander leaves and serve hot.
10. Serve piping hot Aar Macher Jhol – Fish In Spicy Tomato Gravy along with Steamed Rice and Begun Bhaja for a weekday lunch or dinner. Enjoy!.

20 min · Bengali Recipes · 4 servings · archanaskitchen.com/aar-macher-jhol-recipe-bengali-style-fish-in-spicy-tomato-gravy

THREE SMART VARIATIONS

VEGETARIAN

Tofu Macher-Style Jhol

- Aar maach (fish) replaced with firm tofu steaks, same 600g weight
- Tofu marinated in salt and turmeric just like the original fish
- Mustard oil, tomato gravy and spice quantities kept identical
- A splash of extra water added since tofu absorbs less gravy than fish
- Pan-sear tofu steaks instead of shallow-frying, to firm the surface

180	14.0g	9.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Aar Macher Jhol

- Sliced kalamata olives and capers added to the tomato gravy
- Mustard oil swapped for extra-virgin olive oil
- A pinch of dried oregano added alongside the coriander
- Fresh lemon replaces the pinch of sugar for brightness
- Fry fish in olive oil over slightly lower heat, it smokes faster than mustard oil

290	31.0g	16.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Aar Macher Jhol

- Fish steamed instead of shallow-fried before it joins the gravy
- Mustard oil quantity halved, used only for the tempering
- An extra tomato added to keep the gravy body without added fat
- Steam marinated fish for 6–8 minutes instead of frying
- Simmer steamed fish gently in the gravy for just 3–4 minutes to finish

210	29.0g	7.0g
KCAL	PROTEIN	FAT

3 AI RECIPE TRANSFORMATION

Andhra Steel Ingavu Charu Recipe - Asfoitida Flavored Tamarand Rasam

Andhra • Comfort • Everyday

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

135 kcal	6.1 g	4.7 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Asafoetida (hing)
- Sunflower Oil - for cooking
- Salt - to taste
- 1 teaspoon Cumin seeds (Jeera)
- 1 teaspoon Mustard seeds
- 1 teaspoon Methi Seeds (Fenugreek Seeds)
- 2 cup Tamarind Water
- 1 sprig Curry leaves
- 1/2 cup Arhar dal (Split Toor Dal)
- 1 pinch Asafoetida (hing)

METHOD

1. To begin making the Andhra Style Ingavu Chaaru Recipe pressure cook the tamarind water with toor dal, hing and salt for about 4 whistles.
2. Turn off the flame and allow the pressure to release naturally.
3. Open the lif of the cooker and thoroughly mash the dal and bring the whole mixture together by mixing it well.
4. To temper, heat a kadai with oil, add mustard seeds, cumin seeds, fenugreek seeds and allow it to crackle.Add curry leaves, pinch of hing and leave it for 2 seconds and pour it over the rasam.
5. Serve the Andhra Style Ingavu Chaaru Recipe along with steamed rice and Gorikayi Palya Recipe as a comforting meal during your week day.

30 min · Andhra · 4 servings · archanaskitchen.com/andhra-style-ingavu-chaaru-recipe-asafetida-flavored-tamarind-rasam

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Ingavu Charu

- Toor dal increased from 1/2 cup to 3/4 cup
- A handful of boiled moong sprouts stirred in before serving
- Tamarind water quantity kept exactly as original
- Pressure-cook the larger dal quantity for the same 4 whistles
- Add sprouts only at the very end so they stay tender-crisp

165	9.5g	5.0g
KCAL	PROTEIN	FAT

JAPANESE FUSION

Andhra-Miso Charu

- A spoon of white miso whisked in alongside the tamarind water
- A strip of kombu simmered with the dal for umami depth
- Curry leaf tempering kept, giving it a distinct hybrid aroma
- Spring onion greens used as garnish instead of coriander
- Whisk miso in off the boil so its flavor doesn't dull

140	6.5g	4.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Ingavu Charu

- Tempering oil reduced from 1 tsp to a few drops
- Mustard and cumin seeds dry-toasted before the oil is added
- Dry-roast the tempering spices first, then add a minimal splash of oil
- Simmer uncovered a little longer to concentrate flavor without added fat

105	6.0g	2.5g
KCAL	PROTEIN	FAT

4 AI RECIPE TRANSFORMATION

Andhra Style Alam Pachadi Recipe - Adrak Chutney (Recipe)

Andhra • Tangy • Classic

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

455 kcal	10.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Oil - as per use
- 1 tablespoon coriander seeds
- 1 Teaspoon mustard seeds
- 3 inches ginger - chopped
- 1 tomato - chopped
- Asafoetida - a pinch
- 1 tablespoon chana dal
- 2 red chillies
- Salt - as per taste
- 1 sprig curry leaves
- 1 tablespoon white urad dal
- 1 onion - chopped

METHOD

1. Heat oil in a pan; add chana dal and urad dal, cook until browned.
2. Add dry red chillies, coriander seeds, onion and ginger; cook until the onion softens.
3. Add tomatoes and cook until soft.
4. Turn off the gas and allow the mixture to cool.
5. Grind to a paste in a mixer grinder.
6. For tempering, heat oil in a small pan; add mustard seeds and let them cook for 10 seconds.
7. Add curry leaves and asafoetida; cook 10 seconds.
8. Pour the tempering over the chutney, mix and serve with ghee roast dosa.

30 min · Andhra · 4 servings · archanaskitchen.com/andhra-style-allam-pachadi-ginger-chutney-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Ginger Chutney

- Chana dal and urad dal quantities doubled before roasting
- A handful of roasted peanuts ground in with the paste
- Ginger and tomato ratio kept the same for flavor balance (FlavorDB pairing)
- Roast peanuts alongside the lentils before grinding

510	17.0g	13.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Ginger-Tomato Dip

- Chana dal swapped for chickpeas for a hummus-like base
- Tahini and olive oil stirred into the ground paste
- Finished with a squeeze of lemon instead of a tempering
- Blend cooked ingredients with tahini instead of tempering with oil

470	13.0g	18.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Dry-Roasted Ginger Chutney

- Cooking oil replaced with dry-roasting for the dals and spices
- Tempering oil cut to a light 1/2 teaspoon brush
- Extra tomato added to keep the chutney moist without oil
- Dry-roast dals and spices in a nonstick pan before grinding

270	9.0g	3.0g
KCAL	PROTEIN	FAT

5 AI RECIPE TRANSFORMATION

Andhra Style Paakundalu Recipe (Rice Flour Coconut Fritters)

Andhra • Sweet-Coconutty • Festive Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	3.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Ghee - or oil for cooking
- 1/4 cup Jaggery
- 1/2 cup Fresh coconut
- 1 teaspoon Cardamom Powder (Elaichi)
- 1 cup Rice - soaked overnight and ground

METHOD

1. Soak rice overnight, then grind with a little water into a smooth batter.
2. Melt jaggery in a saucepan, add cardamom powder and grated coconut; mix well.
3. Combine the jaggery-coconut mixture into the rice batter; add a little water for a thick, pourable consistency.
4. Heat a paniyaram pan, add ghee or oil to each cavity and pour in the batter.
5. Cook until light brown on one side, flip with a skewer and cook the other side, adding ghee as needed.
6. Serve hot with kesari bath or carrot badam kheer.

160 min · Andhra · 4 servings · archanaskitchen.com/andhra-style-paakundalu-pakam-undalu-recipe-rice-flour-coconut-fritters

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Andhra Paakundalu

- A handful of roasted moong dal ground into the batter for extra protein
- Coconut and jaggery quantities kept exactly as original
- Rice quantity kept exactly as original
- Grind the moong dal fine so it blends smoothly into the rice batter

260	7.0g	9.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Date Coconut Rice Fritters

- Jaggery partly replaced with chopped dates for deeper caramel notes
- A few drops of rosewater added along with the cardamom
- Finished with a scattering of chopped pistachios
- Fold the chopped dates in with the coconut mixture before combining with the batter

230	3.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Paakundalu

- Fritters baked in a mini muffin tray instead of pan-fried
- Jaggery reduced from 1/4 cup to 3 tablespoons
- Coconut quantity kept the same for the classic flavor
- Bake at 180°C for 12-15 minutes instead of pan-frying

160	3.0g	3.0g
KCAL	PROTEIN	FAT

6 AI RECIPE TRANSFORMATION

Andhra Style Tomato Chutney Recipe (Tamati Pachadi)

Andhra • Fiery • Condiment

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

90 kcal	2.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Tamarind Paste
- 1/2 teaspoon Turmeric powder (Haldi)
- 8 Dry Red Chillies - adjustable
- 2 teaspoons Red Chilli powder - optional
- 8 cloves Garlic
- Salt - to taste
- 1 kg Tomatoes
- 1 teaspoon Methi Seeds (Fenugreek Seeds)
- 1 tablespoon Mustard seeds
- Sunflower Oil - as needed

METHOD

1. Boil chopped tomatoes with salt, turmeric and tamarind in a pan until they lose water and turn mushy, stirring occasionally.
2. Meanwhile, heat 2-3 teaspoons oil in another pan; add mustard seeds and fenugreek seeds, then dry red chillies once they crackle, and fry until fragrant.
3. Cool and grind the roasted spices into a smooth powder.
4. Mix the ground masala into the cooked tomatoes; add red chilli powder if extra heat is needed.
5. Heat 5 tablespoons oil, add garlic and mustard seeds, cook until the garlic browns and seeds crackle; let cool completely.
6. Add the cooled tempered mixture to the chutney and mix well.
7. Serve with ghee masala dosa or soft idlis.

75 min · Andhra · 4 servings · archanaskitchen.com/andhra-style-tamati-pachadi-recipe-tomato-chutney

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Andhra Tomato Chutney

- A tablespoon of urad dal and chana dal added to the tempering for protein
- Roasted peanuts folded into the ground masala
- Tomato quantity kept exactly as original
- Roast the dal alongside the mustard seeds until golden

130	5.0g	8.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Roasted Tomato Salsa

- Tamarind swapped for lime juice for a brighter tang
- Red chillies partly replaced with chipotle for smokiness
- Fresh coriander stirred in raw instead of a full oil tempering
- Roast the tomatoes a little more for a charred, smoky salsa base

80	2.0g	4.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Andhra Tomato Chutney

- Tempering oil reduced from about 6 tablespoons total to 1 tablespoon
- Dry red chillies dry-roasted without extra oil where possible
- Extra tomato used to balance flavor without added fat
- Dry-roast the spice mix in a nonstick pan before grinding

55	2.0g	2.0g
KCAL	PROTEIN	FAT

7 AI RECIPE TRANSFORMATION

Apple Tart With Puff Pastry Recipe (Open Pie)

Continental • Flaky • Party Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

260 kcal	3.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Puff Pastry Sheet
- 1/3 cup Brown Sugar (Demerara)
- 1 Apple - sliced
- 1/4 teaspoon Cinnamon Powder (Dalchini)

METHOD

1. Preheat the oven to 200°C; line a baking tray with parchment paper.
2. Core and thinly slice the apple.
3. Mix cinnamon powder and brown sugar together.
4. Cut the pastry sheet into 2 portions, folding in the borders slightly.
5. Place the pastry on the lined tray and top with a layer of apple slices down the middle.
6. Sprinkle with the cinnamon-brown sugar mix.
7. Bake 15 minutes or until puffed and golden on all sides.
8. Serve warm with a scoop of vanilla ice cream.

45 min · Continental · 4 servings · archanaskitchen.com/apple-tart-recipe-with-puff-pastry-open-pie

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Apple Tart

- A layer of almond meal sprinkled under the apples for extra protein
- Brown sugar quantity kept exactly as original
- Apple quantity kept exactly as original
- Sprinkle the almond meal evenly before layering the apples on top

300	7.0g	15.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Spiced Apple Tart

- A pinch of ground cardamom added alongside the cinnamon
- A few drops of rosewater brushed onto the apples before baking
- Finished with chopped pistachios after baking
- Sprinkle the pistachios on right after the tart comes out of the oven

280	4.0g	13.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Apple Tart

- Brown sugar reduced from 1/3 cup to 3 tablespoons
- Extra apple slices used for natural sweetness
- Pastry portion kept the same for the classic flaky texture
- Bake a similar time, checking a few minutes early since less sugar caramelizes faster

220	3.0g	11.0g
KCAL	PROTEIN	FAT

8 AI RECIPE TRANSFORMATION

Arunachal Pradesh Zan Recipe (Finger Millet Porridge With Vegetables)

North East Indian • Wholesome • Breakfast Porridge

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	9.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 sprig Coriander (Dhania) Leaves - chopped
- 1/4 cup Green peas (Matar) - optional
- 1-1/2 cup Water
- 1 Carrot (Gajjar) - sliced diagonally
- 4 tablespoons Ragi Flour (Finger Millet)
- 1 cup Spinach
- Salt - to taste
- 1 tablespoon Ghee
- 1/4 cup Soybeans (Whole Soya Dal) - boiled
- 1 teaspoon Black pepper powder

METHOD

1. Roast the millet flour with a tablespoon of ghee in a kadai; set aside.
2. Dissolve the roasted flour in a little water to form a semi-thick paste.
3. Saute carrot first on a tawa with a little oil, then add spinach.
4. Bring 1-1/2 cups water to a boil; add the millet paste and mix.
5. Add the sauteed vegetables, boiled soybeans, salt and pepper.
6. Whisk until the desired consistency is reached.
7. Serve hot, sprinkled with fermented cheese if desired.

20 min · North East India Recipes · 4 servings · archanaskitchen.com/arunachal-pradesh-zan-recipe-finger-millet-porridge-with-vegetables-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Arunachal Zan

- Soybean quantity increased for a heartier protein base
- A handful of roasted peanuts stirred in at the end
- Ragi flour quantity kept exactly as original
- Cook the extra soybeans alongside the original batch

260	13.0g	10.0g
KCAL	PROTEIN	FAT

ITALIAN FUSION

Italian-Style Polenta-Style Ragi Porridge

- Ghee swapped for olive oil
- A little grated parmesan stirred in at the end
- Finished with fresh basil instead of coriander leaves
- Stir the parmesan in off the heat so it melts smoothly into the porridge

240	10.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Arunachal Zan

- Ghee reduced from 1 tablespoon to 1 teaspoon
- Extra vegetables added for more volume and fewer calories
- Soybean quantity kept the same for the same protein
- Roast the ragi flour with a light oil spray instead of ghee

170	9.0g	3.0g
KCAL	PROTEIN	FAT

9 AI RECIPE TRANSFORMATION

Asian Style Sweet & Spicy Green Beans Recipe

Thai • Sweet-Spicy • Side Dish

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

150 kcal	5.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 tablespoons Rice Wine Vinegar
- 1/4 cup Roasted Peanuts (Moongphali)
- 1 tablespoon Soy sauce
- Salt - to taste
- 1 Lemon - juice
- 2 tablespoons Thai Sweet Chilli Sauce
- 300 grams Green beans (French Beans) - cut into half
- 3 cloves Garlic - finely chopped
- 1 tablespoon Sesame (Gingelly) Oil

METHOD

1. Pressure cook the green beans with salt and 2 tablespoons water for one whistle; release pressure immediately to keep them fresh and green.
2. Heat sesame oil in a pan; add garlic and saute a few seconds until fragrant.
3. Add soy sauce, Thai sweet chilli sauce, rice wine vinegar and lemon juice; stir to combine.
4. Add the cooked beans and roasted peanuts to the sauce.
5. Stir-fry on high heat for 3 to 4 minutes until well coated.
6. Adjust salt and spice to taste.
7. Turn off the heat and serve hot with Thai jasmine rice.

25 min · Thai · 4 servings · archanaskitchen.com/asian-style-spicy-green-beans-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Green Beans

- Roasted peanut quantity increased for extra protein and crunch
- Pan-seared tofu cubes tossed in with the beans
- Green bean quantity kept exactly as original
- Sear tofu separately until golden, then toss through at the end

220	12.0g	13.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Green Bean & Almond Saute

- Soy sauce and Thai chilli sauce replaced with olive oil, lemon and a touch of honey
- Peanuts swapped for toasted almonds
- Fresh parsley and a little garlic added at the end
- Saute beans in olive oil instead of sesame oil

170	5.0g	11.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Steamed Spicy Green Beans

- Sesame oil reduced from 1 tablespoon to 1 teaspoon
- Peanuts reduced by half
- Beans steamed a touch longer so less sauce is needed to coat them
- Toss steamed beans with the sauce off the heat instead of stir-frying in oil

95	4.0g	4.0g
KCAL	PROTEIN	FAT

10 AI RECIPE TRANSFORMATION

Assamese Komolar Kheer Recipe (Orange Kheer)

Assamese • Fruity-Creamy • Festive Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	6.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 tablespoons Mixed nuts - chopped
- 4 tablespoons Sugar
- 6 Badam (Almond) - soaked 1 hour
- 1 liter Milk
- 1/2 cup Orange pulp

METHOD

1. Bring milk to a boil in a heavy saucepan; reduce heat to minimum and simmer, stirring occasionally.
2. Soak and peel the almonds; chop the almonds and cashews.
3. Once the milk starts to thicken, add the chopped dry fruits.
4. Add sugar and keep stirring until the kheer reaches the desired consistency.
5. Turn off the heat, stir a while longer, then cool and cover.
6. Just before serving, stir in the chilled orange pulp.
7. Serve as a dessert after a light meal.

20 min · Assamese · 4 servings · archanaskitchen.com/assamese-komolar-kheer-recipe-orange-kheer

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Komolar Kheer

- A portion of the milk fortified with milk powder for extra protein
- Almond and nut quantities increased for added protein
- Orange pulp quantity kept exactly as original
- Stir the milk powder in while the milk is still warm so it dissolves smoothly

260	10.0g	10.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Orange Blossom Kheer

- A few drops of orange blossom water added along with the orange pulp
- A pinch of ground cardamom stirred in
- Finished with chopped pistachios instead of mixed nuts
- Add the orange blossom water off the heat to keep its fragrance fresh

210	6.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Komolar Kheer

- Full milk swapped for toned or low-fat milk
- Sugar reduced from 4 tablespoons to 2 tablespoons
- Nut quantity reduced slightly
- Reduce the milk a little longer to build flavor without extra sugar

150	7.0g	4.0g
KCAL	PROTEIN	FAT

11 AI RECIPE TRANSFORMATION

Baingan Bharta Recipe - Brinjal Bharta Recipe

Punjabi • Smoky • Comfort Food

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

150 kcal	3.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tomato - chopped
- 1 eggplant
- 1 onion - finely chopped
- 2 green chillies - finely chopped
- 1 tablespoon oil
- 1 teaspoon turmeric powder
- Salt - as per taste
- 2 inch ginger - peeled and grated
- 2 sprigs coriander - finely chopped, for garnish
- 1 teaspoon red chilli powder
- 1 teaspoon garam masala powder
- 1 teaspoon coriander powder
- 1 tablespoon butter

METHOD

1. Roast the eggplant directly over an open flame, turning until the skin blisters and chars all around, about 10 minutes.
2. Let it cool, then peel off the skin and mash the flesh with a fork; set aside.
3. Heat a pan, add cumin seeds and let them cook 10 seconds.
4. Add ginger and onion; cook until the onion softens.
5. Add tomato, turmeric powder, green chilli, coriander powder, garam masala and red chilli powder; cook 3-4 minutes.
6. Add the mashed eggplant, butter and salt; mix and simmer on low heat for 10 minutes.
7. Garnish with coriander and serve with panchmel dal, spinach raita and phulka.

60 min · Punjabi · 4 servings · archanaskitchen.com/baingan-bharta-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Baingan Bharta

- Crumbled paneer folded in during the last few minutes of cooking
- A spoon of roasted moong dal stirred in with the tomatoes
- Eggplant quantity kept exactly as original
- Fold paneer in gently so it doesn't break down completely

210	10.0g	12.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Smoky Eggplant Dip

- Butter swapped for olive oil and a spoon of tahini stirred in
- Garam masala and red chilli powder replaced with cumin and smoked paprika
- Finished with a squeeze of lemon and fresh parsley
- Mash the roasted eggplant with tahini before adding to the pan

170	4.0g	10.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baingan Bharta

- Butter and oil reduced to a light 1 teaspoon total
- Extra tomato added for moisture instead of added fat
- Roasted eggplant flesh drained briefly to reduce excess oil absorption
- Cook the bharta a touch longer on low heat instead of adding extra butter

90	3.0g	3.0g
KCAL	PROTEIN	FAT

12 AI RECIPE TRANSFORMATION

Baked Fish Crisps Recipe (Fish Fry In Oven)

Indian • Crispy-Spiced • Appetizer

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	22.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Water
- Salt - to taste
- 1 teaspoon Sunflower Oil - optional
- 2 teaspoon Turmeric powder (Haldi)
- 10 Fish - pieces
- 5 teaspoon Red Chilli powder

METHOD

1. Clean the fish; make a fine marinade paste with the spices and water.
2. Coat the fish pieces well and marinate for half an hour.
3. Line a baking tray with parchment paper; preheat the oven to 180°C for 10 minutes.
4. Arrange the marinated fish on the tray and grill for 7 minutes.
5. Flip and grill another 7 minutes.
6. Flip once more, brush with a little oil if needed, and grill 5 more minutes.
7. Flip again, brush lightly with oil, and grill a final 5 minutes until fully cooked.
8. Serve hot with coriander mint chutney.

40 min · Indian · 4 servings · archanaskitchen.com/baked-fish-crisps-recipe-fish-fry-in-oven

THREE SMART VARIATIONS

VEGETARIAN

Baked Paneer & Tofu Crisps

- Fish replaced with thick slices of paneer and firm tofu
- Turmeric-chilli marinade kept exactly as original
- Grilled for a shorter time than the fish would need
- Grill the paneer and tofu until lightly golden on both sides

220	14.0g	12.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Spiced Fish Crisps

- Marinade boosted with cumin and a touch of lime zest
- Finished with fresh coriander and a squeeze of lime after baking
- Served with a smoky chipotle dip instead of mint chutney
- Grill the same way, finishing with the lime zest for a Mexican twist

190	23.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Fish Crisps

- Oil brushing reduced to the lightest amount needed
- Marinade kept the same for full flavor without added fat
- Fish quantity kept the same for the same protein
- Grill without the extra oil brush, relying on the marinade for moisture

150	22.0g	3.0g
KCAL	PROTEIN	FAT

13 AI RECIPE TRANSFORMATION

Banana Digestive Pudding Recipe With Pistachios

Continental • No-Bake • Quick Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	8.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 tablespoons Pistachios - chopped
- 2 Ripe Bananas - mashed
- 2 tablespoons Honey
- 1 cup Hung Curd (Greek Yogurt)
- 4 Multigrain Digestive Oat Biscuits

METHOD

1. Combine mashed bananas, hung curd and honey in a bowl.
2. Crush the digestive biscuits and layer them at the bottom of a serving jar.
3. Spoon the banana pudding over the cookie crumbles.
4. Top with chopped pistachios.
5. Refrigerate for 2 hours before serving.

5 min · Continental · 4 servings · archanaskitchen.com/banana-digestive-pudding-recipe-with-pistachios

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Banana Digestive Pudding

- Hung curd quantity increased for extra protein
- Pistachio quantity increased slightly for added protein
- Banana and biscuit quantities kept exactly as original
- Whisk the extra hung curd smooth before layering with the banana

260	12.0g	8.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Banana Pistachio Rosewater Pudding

- A few drops of rosewater added to the banana-curd mixture
- Honey reduced slightly, balanced with the rosewater's floral note
- Finished with a scattering of dried rose petals
- Add the rosewater off the heat to keep its fragrance fresh

210	8.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Banana Digestive Pudding

- Honey reduced from 2 tablespoons to 1 tablespoon
- Hung curd swapped for low-fat curd
- Pistachio garnish kept light
- Layer the same way; the lighter pudding sets just as well

160	8.0g	3.0g
KCAL	PROTEIN	FAT

14 AI RECIPE TRANSFORMATION

Basil Tincture Recipe (Tulsi Kashayam)

Indian • Soothing • Herbal Drink

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

25 kcal	0.0 g	0.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Dry ginger powder
- 1 teaspoon Palm sugar (Panakalkandu)
- 1/2 teaspoon Black pepper powder
- 1 sprig Tulsi (holy basil)
- 2 cups Water

METHOD

1. Prep all the ingredients and keep them handy.
2. Add water to a saucepan, tear in the tulsi leaves and bring to a brisk boil.
3. Once the water changes color, add black pepper powder, ginger powder and palm sugar.
4. Boil a few more minutes and turn off the heat.
5. Serve hot, 2-3 times a day, for relief from cough and cold.

10 min · Indian · 4 servings · archanaskitchen.com/tulsi-kashayam-recipe-kaada-herbal-drink-from-tulsi-holi-basil-black-pepper-ginger-and-palm-sugar

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Tulsi Kashayam

- A splash of warm milk stirred in at the end for added protein
- Palm sugar quantity kept exactly as original
- Tulsi and pepper quantities kept exactly as original
- Stir the milk in off the heat so it doesn't curdle with the pepper and ginger

60	3.0g	2.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean-Style Herbal Tisane

- A slice of lemon and a sprig of mint added alongside the tulsi
- Palm sugar swapped for a touch of honey
- Steeped a little longer for a milder, tea-like brew
- Add the lemon and mint just before serving to keep them fresh

30	0.0g	0.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Tulsi Kashayam

- Palm sugar reduced from 1 teaspoon to a light pinch
- Extra tulsi leaves used for flavor without added sweetness
- Ginger and pepper kept the same for warmth
- Steep the tulsi a little longer to build flavor without extra sugar

15	0.0g	0.0g
KCAL	PROTEIN	FAT

15 AI RECIPE TRANSFORMATION

Bavarian Mushroom Sauce Recipe

Continental • Creamy • Versatile Sauce

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	4.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 tablespoons All Purpose Flour (Maida)
- 250 grams Button mushrooms - chopped
- Salt - to taste
- 2 sprigs Mint Leaves (Pudina) - chopped
- 2 sprigs Parsley leaves - chopped
- 1/2 teaspoon Black pepper powder
- 3/4 cup Milk
- 1/4 cup Fresh cream
- 2 tablespoons Butter

METHOD

1. Melt butter in a saucepan on low flame.
2. Add chopped mushrooms and saute lightly until soft, letting the released water dry out somewhat.
3. Add flour and stir well.
4. Gradually add milk and cream, stirring continuously to avoid lumps.
5. Stir constantly until thickened enough to coat the back of a spoon.
6. Sprinkle in mint and parsley leaves.
7. Turn off the heat, add salt and pepper.
8. Serve with hash browns for breakfast or toss into pasta for dinner.

25 min · Mexican · 4 servings · archanaskitchen.com/bavarian-mushroom-sauce-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Bavarian Mushroom Sauce

- A spoon of Greek yogurt stirred in for extra protein
- Mushroom quantity increased slightly for a heartier sauce
- Cream quantity kept exactly as original
- Stir the Greek yogurt in off the heat to keep the sauce from splitting

210	8.0g	13.0g
KCAL	PROTEIN	FAT

INDIAN FUSION

Indian-Style Mushroom Makhani Sauce

- Mint and parsley swapped for kasuri methi and a pinch of garam masala
- A touch of tomato puree added for a makhani-style base
- Finished with fresh coriander instead of parsley
- Simmer a little longer for the makhani spices to infuse the sauce

190	5.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Bavarian Mushroom Sauce

- Cream reduced from 1/4 cup to 2 tablespoons
- Butter reduced from 2 tablespoons to 1 tablespoon
- Milk swapped for low-fat milk
- Simmer a little longer to thicken naturally with less cream and butter

120	4.0g	6.0g
KCAL	PROTEIN	FAT

16 AI RECIPE TRANSFORMATION

Beetroot Sambar Recipe

South Indian • Earthy • Everyday Sambar

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

150 kcal	7.0 g	4.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 dry red chilli
- Asafoetida - a pinch
- 1-1/2 cup tamarind water
- 4 sprig coriander - chopped, for garnish
- 1 teaspoon mustard seeds
- 1 tablespoon sambar powder
- 1 cup arhar dal
- 1 beetroot - peeled and chopped
- Salt - as per taste
- 1 teaspoon sesame oil
- 5 curry leaves - chopped

METHOD

1. Pressure cook the arhar dal with 2 cups water for 3 whistles; add more water if the dal is too thick.
2. Separately pressure cook the beetroot with tamarind water, salt and sambar powder for 3 whistles; release pressure naturally.
3. Combine the beetroot mixture and cooked dal in a saucepan with salt; bring to a boil.
4. Heat oil for tempering; add mustard seeds and dry red chillies.
5. After 10 seconds, add curry leaves and asafoetida, then turn off the heat.
6. Add the tempering to the sambar and mix.
7. Garnish with coriander leaves and serve with potato roast and rice.

55 min · South Indian Recipes · 4 servings · archanas kitchen.com/beetroot-sambar-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Beetroot Sambar

- Arhar dal quantity increased for a thicker, protein-rich base
- A handful of boiled moong dal stirred in alongside the arhar dal
- Beetroot quantity kept exactly as original
- Mash the extra dal in well so the sambar stays smooth

200	12.0g	5.0g
KCAL	PROTEIN	FAT

ETHIOPIAN FUSION

Ethiopian-Style Spiced Beet Lentil Stew

- Sambar powder swapped for a berbere spice blend
- A touch of ginger and garlic added to the base
- Finished with fresh coriander and a squeeze of lemon instead of a curry leaf tempering
- Simmer the berbere spices in a little oil before adding the dal and beetroot

190	9.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Beetroot Sambar

- Oil reduced to a light tempering of 1/2 teaspoon
- Extra tamarind water used to thin the sambar instead of extra dal
- Beetroot quantity increased for more volume and natural sweetness
- Simmer the sambar a little longer instead of adding more dal for body

100	6.0g	2.0g
KCAL	PROTEIN	FAT

17 AI RECIPE TRANSFORMATION

Bengali Aloo Dum Recipe - Bengali Aloo Dum Recipe

Bengali • Comfort • Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

154 kcal	3.1 g	8.9 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 cup tomato puree
- 1/2 cup yogurt
- 1 tsp coriander powder
- oil - as per use
- 3 cloves garlic
- 1 onion - chopped
- 1 bay leaf
- 2 tsp turmeric powder
- 1 tsp sugar
- 1 tsp garam masala powder
- 1 inch cinnamon
- 2 cardamom
- 1 stock green coriander - finely chopped
- 2 long
- salt - as per taste
- 1 inch ginger - chopped
- 2 green chillies - chopped
- 200 grams small potatoes - boil and remove the skin
- 1 tsp red chilli powder

METHOD

1. To make Bengali Aloo Dum recipe, first of all, add onion, ginger, green chilli, garlic and make a paste in a blender. Keep it aside.
2. Now heat oil in a pan.
3. Now add boiled potatoes, turmeric powder, salt and cook till golden brown.
4. Now put in a bowl and keep it aside.
5. Heat a little more oil in the same oil.
6. Add onion, ginger, garlic paste and cook the paste for 4 minutes.
7. Now add cinnamon, long, bay leaves and cook for 2 to 3 minutes.
8. Add tomato puree, turmeric powder, coriander powder, garam masala powder and cook for 2 minutes.
9. Now add curd to it and mix it.
10. After 1 minute add potatoes, sugar, salt, mix and cover the pan.
11. Let it cook on low heat for 20 minutes.
12. Keep mixing in the bitches so that the spices do not stick down.
13. Turn off the gas after 20 minutes, garnish with green coriander and serve.
14. Serve Bengali Aloo Dum Recipe along with Bengali Luchis, Cholar Dal and Gourd Raita for dinner.

70 min · Bengali Recipes · 4 servings · archanaskitchen.com/bengali-aloo-dum-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Aloo Dum

- 150g paneer cubes added alongside the potatoes, not replacing them
- Yogurt increased from 1/2 cup to 3/4 cup for a creamier, protein-rich base
- Add paneer in the last 5 minutes of the covered simmer, so it stays soft

215	10.0g	13.5g
KCAL	PROTEIN	FAT

MOROCCAN FUSION

Moroccan Spiced Aloo Dum

- Garam masala swapped for a ras el hanout spice blend
- A few green olives and a strip of preserved lemon added
- Cinnamon and cumin increased for a tagine-style aroma
- Fresh coriander and toasted almonds used as garnish
- Simmer covered exactly as the original, tagine-style dishes love the same slow low heat

180	3.5g	10.5g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Aloo Dum

- Oil quantity cut by half, used only for the tempering
- Full-fat yogurt swapped for low-fat yogurt
- An extra 1/2 cup chopped tomato added to stretch the gravy without added fat
- Roast potatoes in the oven instead of pan-frying in oil before adding to the gravy

115	3.0g	4.5g
KCAL	PROTEIN	FAT

18 AI RECIPE TRANSFORMATION

Bengali Chirer Payesh (Poha Pudding With Nolen Gur)

Bengali • Creamy • Festive Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	7.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 Cardamom (Elaichi) Pods/Seeds
- 2-1/2 liter Milk
- 2 tablespoons Rice flour
- 1 tablespoon Raisins
- A pinch Salt
- 1/2 cup Poha (Flattened rice)
- 8-10 Mixed nuts - almonds/cashews
- 1 cup Nolen Gur - or brown sugar
- 1 pinch Saffron strands - plus more for garnish

METHOD

1. Wash and drain the poha; soak in a cup of milk.
2. Mix 1/2 cup milk with rice flour and set aside; soak saffron in a little milk separately.
3. Boil the remaining milk with cardamom pods, stirring occasionally.
4. Add the rice flour mixture and stir constantly; boil 12-15 minutes until the milk condenses.
5. Add the milk-soaked poha and the saffron milk.
6. Cook 15 more minutes until the poha is well cooked and the milk thickens.
7. Add nolen gur or brown sugar; stir until dissolved.
8. Add chopped nuts and a pinch of salt, cook a minute more and remove from heat.
9. Garnish with saffron, nuts and raisins; serve hot or chilled.

45 min · Bengali Recipes · 4 servings · archanaskitchen.com/bengali-chirer-payesh-poha-pudding-recipe-with-nolen-gur

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chirer Payesh

- A portion of the milk fortified with milk powder for extra protein
- Almond and cashew quantity increased for added protein
- Nolen gur quantity kept exactly as original
- Stir the milk powder in while the milk is still warm so it dissolves smoothly

330	12.0g	11.0g
KCAL	PROTEIN	FAT

FRENCH FUSION

French-Style Poha Rice Pudding

- A vanilla bean or extract added alongside the cardamom
- Nolen gur reduced and a spoon of caramel drizzled on top
- Finished with toasted slivered almonds instead of mixed nuts
- Infuse the vanilla in the milk while it reduces for a deeper flavor

300	7.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chirer Payesh

- Full milk swapped for toned or low-fat milk
- Nolen gur reduced from 1 cup to 2/3 cup
- Nut quantity reduced slightly, saffron kept for full aroma
- Reduce the milk a little longer to build flavor without extra sugar

190	8.0g	4.0g
KCAL	PROTEIN	FAT

19 AI RECIPE TRANSFORMATION

Bengali Mooli Aloo Ki Sabzi (Radish Potato Vegetable)

Bengali • Mustardy • Weekday Lunch

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

160 kcal	3.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Turmeric powder (Haldi)
- 1/2 teaspoon Mustard seeds
- 1/2 teaspoon Kalonji (Onion Nigella Seeds)
- Salt - to taste
- 2 Potato (Aloo) - cut into small pieces
- 1 teaspoon Red Chilli powder
- 1 Onion - chopped
- 1 Green Chilli - chopped
- 3 Mooli (Radish) - cut into small pieces
- 3 tablespoons Kasundi mustard sauce
- 1/2 teaspoon Sugar
- 1 tablespoon Mustard oil - adjustable
- 1/2 teaspoon Cumin seeds (Jeera)

METHOD

1. Heat mustard oil in a pan; add mustard seeds, cumin seeds and nigella seeds, saute 10 seconds.
2. Add green chilli and onion; cook until soft and translucent.
3. Add the potatoes and stir on medium heat for a while.
4. Add the radish and fry for 4-5 minutes.
5. Add red chilli powder, turmeric, sugar and salt; mix well.
6. Add a little water, cover and cook on low flame until the vegetables are tender, stirring occasionally.
7. Stir in the kasundi mustard sauce and mix well; adjust consistency as desired.
8. Cook 2 more minutes and serve with lau die tetor dal and steamed rice.

35 min · Bengali Recipes · 4 servings · archanaskitchen.com/bengali-mooli-aloo-ki-sabzi-in-mustard-gravy-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Mooli Aloo Sabzi

- Cubed paneer added towards the end of cooking
- A handful of boiled chana stirred in with the potatoes
- Radish and potato quantities kept exactly as original
- Add the paneer in the last few minutes so it stays soft

220	10.0g	9.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Radish Potato Banchan

- Mustard oil and kasundi swapped for sesame oil and gochugaru
- A splash of soy sauce added for umami depth
- Finished with toasted sesame seeds instead of extra mustard sauce
- Toss the vegetables in sesame oil off the heat to keep some crunch

170	3.0g	7.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Mooli Aloo Sabzi

- Mustard oil reduced from 1 tablespoon to 1 teaspoon
- Kasundi sauce reduced slightly, extra radish added for volume
- Sugar omitted, relying on the natural sweetness of the vegetables
- Cook covered on low heat a little longer instead of adding extra oil

100	3.0g	2.0g
KCAL	PROTEIN	FAT

20 AI RECIPE TRANSFORMATION

Bengali Potol Bhaja Recipe (Bengali Style Parwal Sabzi)

Bengali • Simple • Everyday Side

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

130 kcal	2.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Turmeric powder (Haldi)
- Salt - to taste
- 250 grams Pointed Gourd (Parval)
- 1/2 cup Mustard oil

METHOD

1. Wash and pat dry the parwal; slit lengthwise in half.
2. Mix salt and turmeric powder in a bowl.
3. Rub the turmeric-salt mixture generously all over the parwal.
4. Heat mustard oil in a pan.
5. Once hot, add the parwal and saute until browned on all sides.
6. Transfer to a serving bowl and serve hot with dal chingri and steamed rice.

35 min · Bengali Recipes · 4 servings · archanaskitchen.com/bengali-potol-bhaja-recipe-bengali-style-parwal-sabzi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Bengali Potol Bhaja

- Roasted peanuts tossed in with the fried parwal for extra protein
- A spoon of besan sprinkled on for a light protein-rich coating
- Parwal quantity kept exactly as original
- Toss the peanuts in during the last minute of frying so they stay crisp

180	6.0g	11.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Herbed Parwal Saute

- Mustard oil swapped for olive oil
- A pinch of dried oregano and garlic added to the turmeric-salt rub
- Finished with fresh parsley and a squeeze of lemon
- Saute the parwal in olive oil the same way for a Mediterranean twist

120	2.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Bengali Potol Bhaja

- Mustard oil reduced from 1/2 cup to 2 tablespoons
- Extra turmeric and salt used for flavor without added fat
- Parwal quantity kept the same for the same fiber
- Pan-sear the parwal with minimal oil instead of a fuller shallow fry

80	2.0g	4.0g
KCAL	PROTEIN	FAT

21 AI RECIPE TRANSFORMATION

Black Pepper Singhada Vegetable Recipe (Kali Mirch Singhare Ki Sabzi)

North Indian • Peppery • Fasting Side

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

150 kcal	3.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Turmeric powder (Haldi)
- Salt - to taste
- 300 grams Singhada (Water Chestnut)
- 1 teaspoon Mustard seeds
- Sunflower Oil
- 1 sprig Curry leaves
- 1 teaspoon Black pepper powder
- 1 pinch Asafoetida (hing)

METHOD

1. Pressure cook the water chestnuts with their outer layer and 1 cup water for at least 4 whistles.
2. Peel the skin and chop into small pieces.
3. Heat oil; add mustard seeds and let them crackle.
4. Add curry leaves and asafoetida, letting the curry leaves splutter a few seconds.
5. Add the cooked water chestnuts; sprinkle pepper powder, turmeric and salt.
6. Stir-fry for at least 5 minutes and turn off the heat.
7. Serve with pineapple rasam and steamed rice.

40 min · North Indian Recipes · 4 servings · archanas kitchen.com/kali-mirchi-singhade-ki-subzi-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Black Pepper Singhada

- A handful of boiled moong dal stirred in with the water chestnuts
- Roasted peanuts added for crunch and protein
- Water chestnut quantity kept exactly as original
- Add the moong dal at the same stage as the water chestnuts so it heats through

200	8.0g	8.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Water Chestnut Stir-Fry

- Mustard seed tempering swapped for sesame oil and garlic
- A pinch of gochugaru added for gentle heat
- Finished with toasted sesame seeds and a dash of soy sauce
- Toss the water chestnuts in sesame oil at high heat for a smoky finish

170	3.0g	7.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Black Pepper Singhada

- Oil reduced to a light 1/2 teaspoon
- Extra pepper and curry leaves used for flavor without added fat
- Water chestnut quantity kept the same for the same fiber
- Stir-fry in a nonstick pan with minimal oil

100	3.0g	3.0g
KCAL	PROTEIN	FAT

22 AI RECIPE TRANSFORMATION

Broccoli Soup Recipe (For Babies/Toddlers Above 7 Months)

Continental • Gentle • Baby Food

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

90 kcal	3.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Butter (unsalted)
- Salt - a pinch
- 3 Badam (Almond) - soaked in hot water
- 1 cup Broccoli - about 10 florets
- Black pepper powder - a pinch

METHOD

1. Wash the broccoli florets thoroughly.
2. Pressure cook with 1/4 cup water and a pinch of salt for 1 whistle; release pressure immediately.
3. Soak almonds in hot water for 15 minutes and remove the skins.
4. Blend the cooled broccoli with its cooking water and the almonds into a smooth puree.
5. Heat butter in a pan on low heat; add the blended broccoli and a pinch of pepper.
6. Stir well and let it warm through for 2-3 minutes; turn off the heat.
7. Serve to babies over 7 months, or with a small whole wheat toast for toddlers over 1 year.

25 min · Continental · 4 servings · archanaskitchen.com/broccoli-soup-recipe-for-babies-toddlers-above-7-months

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Baby Broccoli Soup

- A spoon of well-mashed paneer blended in for extra protein
- Almond quantity kept exactly as original
- Broccoli quantity kept exactly as original
- Blend the paneer in smoothly so the texture stays soft for babies

130	6.0g	6.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Broccoli Almond Puree

- Butter swapped for a drop of olive oil
- A pinch of fresh dill added for gentle herby flavor
- Almond quantity kept the same for creaminess
- Puree a little more if a smoother texture is needed for younger babies

100	3.0g	5.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baby Broccoli Soup

- Butter reduced to a very light amount
- Almond quantity reduced slightly
- Extra broccoli water used to thin the soup instead of more fat
- Blend with a little extra cooking water for a lighter, thinner soup

60	2.0g	2.0g
KCAL	PROTEIN	FAT

23 AI RECIPE TRANSFORMATION

Cabbage Onion Vada Recipe

South Indian • Crispy • Evening Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	10.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 cup White Urad Dal (Whole) - soaked 3 hours
- Salt - to taste
- 1/4 cup Coriander (Dhania) Leaves - chopped
- 1/2 cup Onions - finely chopped
- 1/2 cup Cabbage - finely chopped
- 1 teaspoon Green Chillies - finely chopped
- 1 teaspoon Ginger - finely chopped

METHOD

1. Grind the soaked urad dal with salt, adding minimal water, into a thick, smooth batter.
2. Add chopped cabbage, onions, green chillies and coriander leaves; mix into the batter.
3. Check and adjust the salt and spice.
4. Heat a paniyaram pan, add a drop of oil into each cavity.
5. Scoop the batter into the cavities, cover and let steam until the top cooks.
6. Flip gently with a small flat spoon and cook the other side until golden and crisp.
7. Repeat with the remaining batter; serve with masala chai and green chutney.

220 min · South Indian Recipes · 4 servings · archanaskitchen.com/cabbage-onion-vada-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Cabbage Onion Vada

- Urad dal quantity increased for a denser protein base
- A handful of roasted peanuts folded into the batter
- Cabbage and onion quantities kept exactly as original
- Grind the extra dal the same way, adjusting water for a thick batter

260	13.0g	6.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Cabbage Kimchi Pancake Vada

- A pinch of gochugaru added to the batter
- A dash of soy sauce and sesame oil worked in
- Served with a soy-vinegar dipping sauce instead of chutney
- Cook the vada a shade longer for a crisp, pancake-style edge

240	10.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Cabbage Onion Vada

- Oil in the paniyaram cavities reduced to the lightest amount needed
- Extra cabbage and onion added for more volume
- Urad dal quantity kept the same for the same protein
- Cook the same steamed way, which already keeps this recipe naturally light

180	10.0g	3.0g
KCAL	PROTEIN	FAT

24 AI RECIPE TRANSFORMATION

Cabbage and Carrot Sambharo Recipe - Gujarati Vegetable Stir Fry

Gujarati • Crunchy • Side Dish

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

80 kcal	2.0 g	3.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Sugar
- 1/2 teaspoon Turmeric powder (Haldi)
- Salt - to taste
- 1 teaspoon Lemon juice
- 1 teaspoon Mustard seeds
- 3 Carrots (Gajjar) - grated
- 1 Green Bell Pepper (Capsicum) - thinly sliced
- 1/4 teaspoon Asafoetida (hing)
- 3 cups Cabbage (Patta Gobi) - shredded
- 1 teaspoon Sunflower Oil
- 3 Green Chillies - slit lengthwise
- 1 sprig Curry leaves

METHOD

1. Heat oil in a heavy-bottomed pan on medium heat; add mustard seeds and let them crackle.
2. Add asafoetida, green chillies and curry leaves; saute a few seconds.
3. Add turmeric powder, the chopped vegetables and salt; stir to combine.
4. Lower the heat, cover and let the vegetables cook in their own steam for 3-4 minutes, keeping them crunchy.
5. Turn off the heat once just cooked.
6. Serve with palak ragi & oats wheat thepla or beetroot & sesame thepla.

30 min · Gujarati Recipes · 4 servings · archanaskitchen.com/cabbage-and-carrot-sambharo-recipe-gujarati-vegetable-stirfry

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Cabbage Carrot Sambharo

- Roasted peanuts stirred in for crunch and protein
- A handful of boiled moong sprouts added with the vegetables
- Cabbage and carrot quantities kept exactly as original
- Toss the peanuts in during the last minute of cooking so they stay crisp

130	6.0g	6.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Cabbage Carrot Banchan

- Mustard seed tempering swapped for sesame oil and garlic
- A pinch of gochugaru added for gentle heat
- Finished with toasted sesame seeds instead of a curry leaf tempering
- Toss the vegetables in sesame oil off the heat to keep them crisp

90	2.0g	4.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Cabbage Carrot Sambharo

- Oil reduced to a light 1/2 teaspoon
- Sugar omitted, relying on the natural sweetness of the carrots
- Extra bell pepper added for more volume and crunch
- Steam the vegetables briefly before the quick tempering toss

55	2.0g	1.0g
KCAL	PROTEIN	FAT

25 AI RECIPE TRANSFORMATION

Cabbage, Spinach, Pomegranate Slaw with Lemon Dressing Recipe

Continental • Fresh • Salad

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

110 kcal	2.0 g	7.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 cup Fresh Pomegranate Fruit Kernels
- 2 Lemon - juice
- 2 tablespoons Extra Virgin Olive Oil
- Salt and Pepper - to taste
- 1 cup Spinach - shredded
- 1 cup Cabbage (Patta Gobi) - shredded

METHOD

1. Whisk lemon juice, olive oil, salt and pepper together in a bowl to make the dressing.
2. Emulsify the lemon and oil with a fork.
3. Add the shredded spinach, cabbage and pomegranate kernels.
4. Mix well; taste and adjust seasoning if needed.
5. Serve alongside baked chicken or a grilled vegetable sandwich.

15 min · Continental · 4 servings · archanaskitchen.com/cabbage-spinach-pomegranate-slaw-with-lemon-dressing-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Pomegranate Slaw

- Roasted chickpeas or edamame tossed in for added protein
- A sprinkle of toasted almonds added for crunch and protein
- Cabbage, spinach and pomegranate kept exactly as original
- Toss the chickpeas in just before serving so they stay crisp

190	9.0g	10.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Sesame Slaw

- Olive oil dressing swapped for sesame oil and rice vinegar
- A touch of gochugaru added for gentle heat
- Finished with toasted sesame seeds instead of extra oil
- Toss the slaw just before serving so the cabbage stays crisp

130	3.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Citrus Slaw

- Olive oil reduced from 2 tablespoons to 1 teaspoon
- Extra lemon juice used to keep the dressing bright without added fat
- Cabbage and spinach quantities increased for more volume
- Massage the cabbage lightly with lemon juice before adding the rest

60	2.0g	2.0g
KCAL	PROTEIN	FAT

26 AI RECIPE TRANSFORMATION

Cantonese Chicken With Mushrooms Recipe

Cantonese • Savory-Glossy • Weeknight Dinner

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	24.0 g	14.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Light soy sauce
- 1 tablespoon Oyster sauce
- Salt - if needed
- 3 tablespoons Spring Onion Greens
- Sesame seeds (Til seeds) - toasted
- 1 teaspoon Corn flour
- 1 cup Shiitake mushrooms - or oyster mushrooms
- 1 tablespoon Fish sauce
- 2 tablespoon Sesame Oil
- 2 teaspoon Black pepper powder
- 1 tablespoon Rice Wine Vinegar
- 8 cloves Garlic - crushed
- 1 Bok Choy - chopped
- 1/2 cup Spring Onion (Bulb & Greens)
- 250 grams Boneless chicken
- 1 teaspoon Brown Sugar
- 1 tablespoon Red Chilli sauce

METHOD

1. Marinate chicken with salt and pepper; refrigerate at least 30 minutes.
2. Heat sesame oil; saute garlic, then white spring onions for 30 seconds.
3. Add chicken and toss until it turns white; cover and cook 5 minutes until half done.
4. Add mushrooms and bok choy; toss a minute.
5. Mix soy sauce, fish sauce, oyster sauce, chilli sauce, vinegar and brown sugar; pour into the wok.
6. Cook on high flame 2-3 minutes.
7. Mix cornstarch with water and add once the chicken is fully cooked; stir 1 minute.
8. Garnish with green spring onions and sesame seeds; serve with noodles.

45 min · Cantonese · 4 servings · archanaskitchen.com/cantonese-chicken-with-mushrooms-recipe

THREE SMART VARIATIONS

VEGETARIAN

Cantonese Tofu & Double Mushroom

- Chicken replaced with pan-seared firm tofu
- Fish sauce replaced with an equal amount of soy sauce as in the recipe's own option
- Mushroom quantity increased for a heartier bite
- Sear the tofu separately until golden, then toss through with the sauce

260	14.0g	15.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Chicken Mushroom Basil Stir-Fry

- Oyster sauce and chilli sauce swapped for Thai basil and a touch of Thai chilli paste
- Fish sauce kept for the same umami depth
- Finished with fresh Thai basil and a squeeze of lime
- Stir-fry on high heat, wok-style, for a quicker, fresher finish

300	25.0g	15.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Cantonese Chicken With Mushrooms

- Sesame oil reduced from 2 tablespoons to 1 teaspoon
- Chicken swapped for skinless chicken breast
- Sugar reduced to a light amount
- Stir-fry in a nonstick wok with minimal oil

210	26.0g	5.0g
KCAL	PROTEIN	FAT

27 AI RECIPE TRANSFORMATION

Carrot Corn Mayo Pancake Recipe With Sandwich Spread

Continental • Savory • Weekend Breakfast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

260 kcal	9.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Butter - as required
- 2 Carrots (Gajjar) - peeled and grated
- 1 teaspoon Baking powder
- 3/4 cup Sweet corn - blanched
- Salt - to taste
- 5 tablespoons Sandwich Spread
- 1/4 cup Coriander (Dhania) Leaves - finely chopped
- 1 Onion - finely chopped
- Black pepper powder - to taste
- 1 Green Chilli - finely chopped
- 3 Whole Eggs
- 1 cup Whole Wheat Flour
- 1/4 teaspoon Baking soda
- 1/3 cup Curd (Dahi) - whisked

METHOD

1. Combine eggs, curd and sandwich spread in a large bowl until creamy.
2. Stir in grated carrot, onions, chillies, corn, salt and pepper; mix well.
3. In another bowl, combine flour, baking soda and baking powder.
4. Fold the dry mixture into the carrot-egg mixture to form a thick pancake batter.
5. Stir in the coriander leaves; adjust seasoning to taste.
6. Heat a griddle over medium heat and grease with butter.
7. Pour a ladle of batter and cook a couple of minutes; flip and cook the other side 2-3 minutes.
8. Repeat with the remaining batter and serve warm.

55 min · Continental · 4 servings · archanaskitchen.com/carrot-corn-mayo-pancake-recipe-with-sandwich-spread

THREE SMART VARIATIONS

VEGETARIAN

Egg-Free High-Protein Pancake

- Eggs replaced with a thick besan-yogurt batter for binding and extra protein
- Curd quantity increased slightly to compensate for the egg's moisture
- Carrot, corn and onion quantities kept exactly as original
- Whisk the besan-yogurt mixture well to avoid lumps before folding in the vegetables

270	11.0g	9.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Corn Pancake

- Sandwich spread swapped for a chipotle mayo
- Chopped jalapeño added alongside the green chilli
- Topped with crumbled cotija-style cheese before serving
- Cook a touch longer for a slightly crisp edge, taco-topping style

290	10.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Carrot Corn Pancake

- Sandwich spread reduced from 5 tablespoons to 2 tablespoons
- Butter for the griddle reduced to a light brush
- Extra carrot and corn added for volume with fewer calories
- Cook on a nonstick griddle with minimal butter

190	8.0g	5.0g
KCAL	PROTEIN	FAT

28 AI RECIPE TRANSFORMATION

Carrot Pulao Recipe (Carrot Rice)

Indian • Aromatic • Weeknight Meal

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	5.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Oil - as needed
- 1 tablespoon Ghee and sesame oil
- 2 cups Rice - cooked
- Salt - to taste
- 1 sprig Coriander (Dhania) Leaves
- 1 inch Ginger - grated
- 10 Pearl onions (Sambar Onions) - finely chopped

METHOD

1. Heat oil; add mustard seeds and let them cook 15 seconds.
2. Add onion and ginger; cook until the onion softens.
3. Add carrots and salt; cook until the carrots soften.
4. Add curry leaves, sambar powder, cardamom powder and salt; mix.
5. After a minute, add the cooked rice and mix.
6. Add coriander leaves and a tablespoon of ghee; mix well and serve hot.
7. Serve with spinach raita, paneer masala and phulka.

50 min · Indian · 4 servings · archanaskitchen.com/carrot-rice-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Carrot Pulao

- A cup of boiled chickpeas stirred in with the rice
- Cubed paneer added towards the end of cooking
- Carrot quantity kept exactly as original
- Add the chickpeas at the same stage as the carrots so they warm through

340	12.0g	10.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Carrot Rice With Raisins & Almonds

- Sambar powder swapped for cumin and a touch of cinnamon
- Raisins and toasted almonds stirred in at the end
- Finished with a squeeze of lemon and fresh parsley
- Toast the almonds separately, then fold in just before serving

300	6.0g	10.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Carrot Pulao

- Ghee and oil reduced to a light 1 teaspoon total
- Extra carrot and onion added for more volume
- Rice quantity kept the same for the same fullness
- Saute the aromatics in a nonstick pan with minimal oil

220	5.0g	3.0g
KCAL	PROTEIN	FAT

29 AI RECIPE TRANSFORMATION

Carrot and Oats Whole Wheat Bread Recipe

Continental • Wholesome • Breakfast Bake

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	6.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 teaspoons Baking powder
- 2 Whole Eggs - slightly beaten
- 1 cup Carrots (Gajjar) - grated
- 3/4 cup Milk
- 1 cup Whole Wheat Flour
- 1/2 cup Instant Oats (Oatmeal)
- 2 tablespoons Honey
- 2 tablespoons Sunflower Oil
- 1/2 cup Sooji (Semolina/Rava)

METHOD

1. Preheat the oven to 180°C for 20 minutes; grease a loaf tin with parchment paper.
2. Mix the dry ingredients (flour, oats, semolina, baking powder) in a bowl.
3. Whisk egg, oil and honey until fluffy; add grated carrot and whisk once more.
4. Fold in the dry ingredients gradually with a palette knife.
5. Add milk and mix well.
6. Pour into the loaf tin and bake until a tester comes out clean.
7. Serve with a smoothie or a drizzle of honey for breakfast.

65 min · Continental · 4 servings · archanaskitchen.com/carrot-and-oats-whole-wheat-bread-recipe

THREE SMART VARIATIONS

VEGETARIAN

Egg-Free High-Protein Carrot Oats Bread

- Eggs replaced with a flax meal and water egg replacer
- Milk quantity increased slightly for moisture
- Carrot and oats quantities kept exactly as original
- Let the flax mixture rest 15 minutes before whisking into the batter

220	7.0g	8.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Carrot Date Oat Bread

- Honey partly replaced with chopped dates worked into the batter
- A pinch of ground cardamom added for warmth
- Finished with a scattering of chopped pistachios before baking
- Fold the chopped dates in gently so they distribute evenly

240	6.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Carrot Oats Bread

- Oil reduced from 2 tablespoons to 1 tablespoon
- Honey reduced from 2 tablespoons to 1 tablespoon
- Milk swapped for low-fat milk
- Bake a similar time, checking a few minutes early since the batter is leaner

180	6.0g	4.0g
KCAL	PROTEIN	FAT

30 AI RECIPE TRANSFORMATION

Cauliflower Leaves Chutney (Recipe in Hindi)

South Indian • Everyday • Condiment

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

91 kcal	2.8 g	4.5 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3 cloves garlic
- 1 big Spoon oil
- 2 tablespoons white urad dal
- 1 teaspoon Rye
- 1 cup cabbage leaves
- turmeric powder - a pinch
- asafoetida - a pinch
- 1/2 teaspoon Cumin seeds
- 18 grams tamarind
- salt - as per taste
- 3/4 cup tomatoes
- 1 sprig Curry leaves
- 4 red chillies

METHOD

1. To make cauliflower leaf chutney, first of all take out the leaf inside the cabbage and wash it well.
2. Dry and cut it well.
3. Heat the oil in a pan.
4. Add urad dal, dry red chilli and cook till the dal turns golden. Keep it aside.
5. Add some more oil to the same pan.
6. Add cabbage leaves, salt and cook till the leaves become soft.
7. Now add tomatoes, garlic and mix well.
8. Cook until tomatoes are soft.
9. After cooking, turn off the gas and allow this mixture to cool.
10. Pour it into a mixer grinder with the dal mixture and grind it.
11. Add some water and salt and grind it once more.
12. For tempering, add mustard seeds to a tempering pan.
13. After 10 seconds, add cumin, asafoetida and curry leaves.
14. After 15 seconds, add it to the chutney and mix.
15. Serve Cabbage Leaves Chutney with Vegetable Sambar and Rice for dinner.

25 min · South Indian Recipes · 4 servings · archanaskitchen.com/cauliflower-leaves-chutney-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chutney

- Urad dal quantity doubled for a denser protein base
- 2 tbsp roasted chana dal folded in before grinding
- A spoon of roasted moong dal added to the tempering
- Cabbage leaves kept exactly as original — not reduced
- Dry-roast chana dal alongside the urad dal

130	10.5g	6.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Cabbage Relish

- Tamarind pulp brightened with fresh lime juice
- Dry red chillies swapped for bird's-eye chilli
- Roasted peanuts stirred in for crunch
- Fish sauce (or soy) replaces a portion of the salt
- Fresh Thai basil folded in at the end

110	3.0g	5.2g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Cabbage Chutney

- Tempering oil cut from 1 tbsp to 1 tsp
- Dal dry-roasted instead of oil-fried where possible
- Extra 1/4 cup tomato added to stretch volume, not calories
- Dry-roast urad dal and chillies in a non-stick pan
- Use a light spray of oil only for the final tempering

65	2.8g	2.3g
KCAL	PROTEIN	FAT

31 AI RECIPE TRANSFORMATION

Chanar Dalna Recipe - Bengali Style Paneer & Potato Gravy

Bengali • Comforting • Weekend Brunch

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	14.0 g	18.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Panch Phoran Masala - roasted and powdered
- 2 Dry Red Chilli
- 2 Bay leaf (tej patta)
- 1 teaspoon Cumin seeds (Jeera) - roasted and powdered
- 2 Potato (Aloo) - peeled and cubed
- Salt - to taste
- 1 teaspoon Red Chilli powder
- 1 Tomato - big sized
- 1 teaspoon Ginger - grated
- 1/2 teaspoon Sugar
- 1 teaspoon Turmeric powder (Haldi)
- Sunflower Oil - as required
- 200 grams Paneer - cut into cubes

METHOD

1. Grind roasted cumin and grated ginger together into a paste.
2. Mix red chilli powder and turmeric with a tablespoon of water; set aside.
3. Heat oil in a pan, fry the potato cubes until the edges brown; set aside.
4. Fry the paneer cubes in the same oil until golden; set aside.
5. Add bay leaf and dry red chilli to the pan, then the cumin-ginger paste; saute until browned.
6. Add the chilli-turmeric paste and cook until the raw smell is gone.
7. Add chopped tomato and cook until soft and the oil separates.
8. Add the fried paneer and potato; cook a minute.
9. Add 2 cups water and cook until the potatoes are soft.
10. Stir in the powdered panch phoran and boil until the gravy reaches the desired consistency.
11. Serve with steamed rice and Bengali luchi.

75 min · Bengali Recipes · 4 servings · archanaskitchen.com/chanar-dalna-recipe-bengali-style-paneer-potato-gravy

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Chanar Dalna

- Paneer quantity increased from 200g to 280g
- A handful of green peas added to the gravy for extra protein and color
- Potato quantity kept exactly as original
- Fry the extra paneer in the same batches so it browns evenly

380	19.0g	20.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Paneer & Potato Stew

- Panch phoran swapped for oregano, cumin and a touch of smoked paprika
- Kalamata olives added to the gravy
- Finished with a drizzle of olive oil and fresh parsley
- Simmer the gravy a little longer to let the Mediterranean herbs infuse

340	15.0g	19.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chanar Dalna

- Paneer and potatoes shallow-fried in a light oil spray instead of deep in oil
- Low-fat paneer used in place of regular paneer
- Extra tomato added to keep the gravy rich without excess oil
- Pan-sear the paneer and potato lightly instead of frying in more oil

220	14.0g	8.0g
KCAL	PROTEIN	FAT

32 AI RECIPE TRANSFORMATION

Chawli Ki Phali & Aloo Sabzi Recipe

North Indian • Homestyle • Weeknight Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

200 kcal	6.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Turmeric powder (Haldi)
- Sunflower Oil
- 3 teaspoons Gram flour (besan)
- 2-1/2 teaspoon Coriander Powder (Dhania)
- Salt - to taste
- 300 grams Green Chawli Beans (Yard Long Beans) - 2 inch pieces
- 1 teaspoon Fennel seeds (Saunf)
- 2 Potatoes (Aloo) - peeled, 2 inch pieces
- 2 teaspoons Red Chilli powder
- 1 teaspoon Amchur (Dry Mango Powder)

METHOD

1. Pressure cook the yard long beans with a little water and salt for 1 whistle; release pressure naturally and strain.
2. Heat oil; add fennel seeds and let them crackle.
3. Add potatoes and saute until crisp and cooked, covering to speed cooking.
4. Add the cooked beans along with all the spice powders; mix and cook until the raw smell is gone.
5. Add besan and salt; mix well and saute 5 more minutes.
6. Serve with phulka or tawa paratha and kadhi.

30 min · North Indian Recipes · 4 servings · archanas kitchen.com/chawli-ki-phali-aloo-subzi-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chawli Ki Phali Sabzi

- Besan quantity increased for extra protein
- A handful of boiled chana added alongside the potatoes
- Chawli beans quantity kept exactly as original
- Add the chana at the same stage as the potatoes so it cooks through

240	9.0g	7.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Long Bean Potato Saute

- Amchur swapped for lemon zest and a pinch of oregano
- A drizzle of olive oil added instead of extra frying oil
- Finished with fresh parsley instead of a plain finish
- Toss the lemon zest in off the heat to keep the flavor bright

190	6.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chawli Ki Phali & Aloo Sabzi

- Oil reduced to a light 1 teaspoon
- Potato quantity reduced slightly, extra beans added instead
- Beans quantity kept for the same fiber
- Saute in a nonstick pan with minimal oil

130	5.0g	3.0g
KCAL	PROTEIN	FAT

33 AI RECIPE TRANSFORMATION

Cheddar Beer Bread Recipe (Cheesy Bread Recipe)

Continental • Savory • Evening Snack Bread

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	6.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 teaspoons Mixed Herbs (Dried)
- 1 tablespoon Sugar
- 2 teaspoons Baking powder
- 4 cloves Garlic - finely chopped
- 1/2 cup Cheddar cheese - shredded
- 1-1/4 cups Beer
- 2 tablespoons Butter
- 1-1/2 cups All Purpose Flour (Maida)
- 1 teaspoon Salt

METHOD

1. Grease and flour a loaf pan; preheat the oven to 180°C.
2. Heat butter, add garlic and fry until light brown.
3. Turn off heat, stir in mixed herbs.
4. Combine flour, sugar, salt, baking powder, 1/4 cup cheese and the herb-garlic butter in a bowl; mix gently.
5. Add the beer and whisk into a smooth batter.
6. Pour into the prepared loaf tin, top with remaining cheese.
7. Bake 25 minutes or until a toothpick comes out clean.
8. Serve with tzatziki and coffee for an evening snack.

40 min · Continental · 4 servings · archanaskitchen.com/cheddar-beer-bread-recipe-cheesy-bread-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Cheddar Bread

- Cheddar cheese quantity increased for extra protein
- A portion of the maida replaced with besan for added protein
- Beer and herb quantities kept exactly as original
- Knead the besan in evenly so the batter stays smooth

250	9.0g	10.0g
KCAL	PROTEIN	FAT

INDIAN FUSION

Indian-Style Garlic Chilli Cheese Bread

- Beer swapped for soda water for a non-alcoholic version, as suggested in similar quick breads
- Mixed herbs replaced with a pinch of red chilli flakes and kasuri methi
- Finished with extra cheese and a sprinkle of chilli flakes on top
- Bake the same way; the soda water gives a similarly light, airy crumb

230	6.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Cheddar Beer Bread

- Cheese quantity reduced by half
- Butter reduced from 2 tablespoons to 1 tablespoon
- Sugar reduced from 1 tablespoon to a light amount
- Bake a similar time, checking a few minutes early since the batter is leaner

170	5.0g	4.0g
KCAL	PROTEIN	FAT

34 AI RECIPE TRANSFORMATION

Cheesy Garlic Broccoli Nuggets Recipe

Indian • Cheesy • Kids' Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	9.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/4 cup Whole Wheat Bread crumbs
- Salt - to taste
- 1-1/2 cups Broccoli - florets
- 2 tablespoons Corn flour
- 1 tablespoon Cheesy Garlic Mayo
- 1/2 cup Mozzarella cheese
- Garlic & Oregano Spread - for pan roasting

METHOD

1. Wash and finely chop the broccoli florets.
2. Melt garlic-oregano spread in a pan, add broccoli and saute a minute until just softened; cool completely.
3. Add cheese, cheesy garlic mayo, corn flour and salt to the cooled broccoli; mix well.
4. Adjust salt and seasoning to taste.
5. Shape small portions into oval kebab-sized nuggets.
6. Coat the nuggets in breadcrumbs for a crust.
7. Heat a skillet and melt a little garlic-oregano spread; pan fry the nuggets on both sides until browned and crisp.
8. Serve with a dip on the side as a snack or party appetizer.

35 min · Indian · 4 servings · archanaskitchen.com/broccoli-nuggets-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Broccoli Nuggets

- Mashed paneer folded into the broccoli mixture
- Mozzarella quantity increased slightly for extra protein
- Broccoli quantity kept exactly as original
- Fold the paneer in gently so the mixture still holds its shape

270	14.0g	14.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Broccoli Jalapeño Poppers

- Mozzarella swapped for pepper jack cheese
- Finely chopped jalapeño folded into the mixture
- Served with a smoky chipotle dip instead of plain mayo
- Pan fry until the cheese is fully melted through for a gooey center

240	9.0g	13.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Broccoli Nuggets

- Nuggets baked instead of pan-fried in spread
- Cheese quantity reduced by a third
- Extra broccoli added to bulk up the mixture with fewer calories
- Bake at 200°C, turning once, until golden and crisp

140	8.0g	5.0g
KCAL	PROTEIN	FAT

35 AI RECIPE TRANSFORMATION

Chettinad Style Chicken Roast Recipe

Chettinad • Spiced • Party Starter

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

380 kcal	28.0 g	22.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/4 teaspoon Kalonji (Onion Nigella Seeds)
- 1 teaspoon Tamarind Paste
- 1 teaspoon Ghee
- 1 tablespoon Ghee
- 1 teaspoon Jaggery
- 2 teaspoons Coriander (Dhania) Seeds
- 1 teaspoon Whole Black Peppercorns
- 1/4 cup Hung Curd (Greek Yogurt)
- Salt - to taste
- 1/2 inch Cinnamon Stick (Dalchini)
- 1 Onion - sliced
- 1/2 teaspoon Mustard seeds
- 4 cloves Garlic
- 1/2 inch Ginger
- 1/4 teaspoon Methi Seeds (Fenugreek Seeds)
- 2 Cloves (Laung)
- 2 tablespoon Fresh coconut - grated
- 1/2 teaspoon Turmeric powder (Haldi)
- 2 teaspoon Cumin seeds (Jeera)
- 1 Cardamom (Elaichi) Pods/Seeds
- 1 teaspoon Fennel seeds (Saunf)
- 2 Dry Red Chillies
- 1 Chicken legs
- 1 teaspoon Sunflower Oil
- 1 sprig Curry leaves

METHOD

1. Wash and clean the chicken legs; keep aside.
2. Heat oil in a pan; cook onions, coconut, ginger and garlic until the onions soften and coconut lightly browns.
3. Cool and grind into a coarse paste.
4. Marinate the chicken with the onion-coconut paste, yogurt and turmeric powder for 30 minutes.
5. Dry roast the Chettinad spice mix ingredients (cumin, coriander seeds, methi, kalonji, peppercorns, red chillies, fennel, cinnamon, cloves, cardamom, mustard seeds) for 2 minutes; cool and grind to a powder.
6. Heat ghee in a pan, add the spice mix, then the marinated chicken.
7. Add tamarind pulp, jaggery and 1/4 cup water; cover and cook 8-10 minutes until the chicken is nearly done.
8. Grill the chicken legs on a hot grill pan 5-7 minutes per side for a crispy skin.
9. Temper ghee with mustard seeds, curry leaves and chopped garlic until golden.
10. Plate the chicken, top with the masala and garnish with the tempering.

35 min · Chettinad · 4 servings · archanaskitchen.com/chettinad-style-chicken-roast-recipe

THREE SMART VARIATIONS

VEGETARIAN

Chettinad Jackfruit Roast

- Chicken legs replaced with boiled, shredded raw jackfruit for a similar pulled texture
- Chettinad spice mix and marinade kept exactly as original
- Jackfruit roasted in the same masala instead of grilled
- Pan-roast the marinated jackfruit until the edges crisp instead of grilling

260	8.0g	15.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Spiced Chettinad Chicken

- Chettinad spice mix rounded out with smoked paprika and a touch of chipotle
- Yogurt marinade brightened with lime juice
- Served with a coriander-lime crema instead of the ghee tempering
- Grill the chicken over high heat for smoky charred edges

400	28.0g	22.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Grilled Chettinad Chicken

- Ghee reduced from about 3 teaspoons total to 1 teaspoon
- Coconut in the marinade paste reduced by half
- Chicken grilled without the final ghee tempering for a lighter finish
- Grill the chicken a little longer at lower heat instead of pan-cooking in ghee first

300	30.0g	12.0g
KCAL	PROTEIN	FAT

36 AI RECIPE TRANSFORMATION

Chettinad Style Prawn Biryani Recipe

Chettinad • Aromatic • Festive Meal

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

420 kcal	20.0 g	18.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3 tablespoons Fresh coconut - grated
- 1 teaspoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 2 Black cardamom (Badi Elaichi)
- 1 teaspoon Garam masala powder
- 200 grams Shrimps or prawns
- 1/2 cup Hung Curd (Greek Yogurt)
- 2 Bay leaves (tej patta)
- 1 teaspoon Green Chilli paste
- 1/2 teaspoon Cumin seeds (Jeera)
- 2-3 Dry Red Chilli
- 5-6 Whole Black Peppercorns
- 1 cup Sunflower Oil
- 1-1/2 cups Basmati rice
- 4 Cardamom (Elaichi) Pods/Seeds
- 1/2 teaspoon Turmeric powder (Haldi)
- 4-5 Shallots
- 2 sprig Curry leaves
- 1 inch Cinnamon Stick (Dalchini)
- 1 tablespoon Ginger paste
- 2 tablespoons Ghee
- 1 tablespoon Garlic paste

METHOD

1. Clean the prawns and marinate with ginger-garlic paste, red chilli powder, turmeric, lemon juice and salt for 15-20 minutes.
2. Wash and soak basmati rice for at least 30 minutes.
3. Heat oil in a thick-bottomed handi; add whole spices and let them splutter.
4. Add shallots and saute until pale.
5. Add green chilli paste, grated coconut and marinated prawns; fry 4-5 minutes.
6. Slowly add curd, mixing carefully to avoid breaking the prawns; cook on high heat until the curd's water dries up.
7. Season with coriander powder, garam masala and salt; fry until deeper in color.
8. Add the soaked rice and stir well to combine.
9. Add warm water (double the rice quantity), check salt, add a dollop of ghee and mix.
10. Bring to a boil, cover and cook on low heat until the rice is done.
11. Garnish with coriander and curry leaves; serve hot with raita.

55 min · Chettinad · 4 servings · archanaskitchen.com/chettinad-style-prawn-biryani-recipe

THREE SMART VARIATIONS

VEGETARIAN

Chettinad Jackfruit Biryani

- Prawns replaced with boiled, shredded raw jackfruit for a similar bite
- Marinade and whole-spice masala kept exactly as original
- Jackfruit simmered in the curd-coconut base the same way the prawns would be
- Pan-sear the marinated jackfruit briefly before adding to the rice for extra texture

380	10.0g	16.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Prawn Biryani

- Coconut quantity increased and a stalk of lemongrass added to the masala
- A dash of fish sauce used in place of some salt
- Finished with Thai basil instead of curry leaves
- Bruise the lemongrass and add it with the whole spices for infusion

440	21.0g	20.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Grilled Prawn Biryani

- Oil and ghee reduced from about 1 cup plus 2 tablespoons to 3 tablespoons total
- Prawns grilled separately and folded into the rice instead of fried in oil
- Coconut quantity reduced by half
- Grill the marinated prawns briefly, then layer them into the cooked rice

300	22.0g	8.0g
KCAL	PROTEIN	FAT

37 AI RECIPE TRANSFORMATION

Chettinad Sweet Paniyaram Recipe

Chettinad • Sweet • Evening Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	4.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Oil - as per use
- 3 tablespoons coconut - grated
- 1/3 cup jaggery
- 1 cup idli dosa batter
- 1 tablespoon cardamom powder
- Salt - as per taste
- 4 tablespoons rice rava
- Water - as per use

METHOD

1. In a mixing bowl, combine idli dosa batter, rice rava, jaggery, coconut, salt, cardamom powder and a little water.
2. Mix well and rest for 5 minutes; mix again.
3. Heat a paniyaram pan and add a little oil to each mould.
4. Once hot, spoon in the batter and cover the pan.
5. Cook on low heat until golden on one side, then flip.
6. Cook both sides until golden brown all over.
7. Remove from the pan and serve with masala tea or filter coffee.

25 min · Chettinad · 4 servings · archanaskitchen.com/chettinad-sweet-paniyaram-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Sweet Paniyaram

- A spoon of roasted moong dal flour folded into the batter
- Grated coconut increased slightly for texture and healthy fat
- Jaggery quantity kept exactly as original for the same sweetness
- Rest the batter a few extra minutes after adding the dal flour

220	8.0g	7.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Date & Coconut Paniyaram

- Jaggery partly replaced with chopped dates for a deeper caramel note
- A pinch of rosewater added alongside the cardamom
- Toasted sesame seeds sprinkled over the batter before cooking
- Fold chopped dates in just before spooning batter into the moulds

210	5.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Sweet Paniyaram

- Oil in the moulds reduced to a light brush
- Jaggery reduced by a third, extra coconut used for natural sweetness
- Batter baked in a mini muffin tray instead of pan-frying
- Bake at 180°C for 12-15 minutes instead of pan-frying

130	4.0g	2.0g
KCAL	PROTEIN	FAT

38 AI RECIPE TRANSFORMATION

Chettinad Vegetable Casserole Recipe - Chettinad Vegetable Pulao Recipe

Chettinad • Aromatic • One-Pot

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

340 kcal	7.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/4 cup mint leaves - finely chopped
- 2 cloves garlic - crushed
- 1 tsp turmeric powder
- 1 tsp fennel seeds
- 12 green beans - chopped
- 1 tsp coriander seeds
- 1 inch ginger - crushed
- 2 cloves
- 1 inch cinnamon
- 1/4 cup green peas - steamed
- 1 cup rice - washed well
- Ghee - as per use
- 1 tsp whole black pepper
- 1 bay leaf - broken
- 2 potatoes - peeled and chopped
- 1 carrot - chopped
- 12 small onions - finely chopped
- 1 tsp red chilli powder
- 2 green chillies - slit and thinly cut

METHOD

1. Cut all the vegetables and soak the rice for 30 minutes.
2. Dry roast cloves, cinnamon, fennel, whole black pepper and coriander seeds for 2 to 3 minutes; cool and grind.
3. Heat ghee in a pan; add ginger, garlic, onion and green chillies, cook until the onion softens.
4. Add carrots, green beans, potatoes, bay leaf, turmeric powder, red chilli powder and the ground spice mix; stir well.
5. After 2 minutes, add rice, salt and 2 cups of water; bring to a boil.
6. Reduce heat, cover and cook until the rice is done, adding more water if needed.
7. Turn off the heat, cover and rest for 10 minutes.
8. Serve with bundi raita and baked papad.

60 min · Chettinad · 4 servings · archanaskitchen.com/chettinad-vegetable-pulao-recipe-with-kohinoor-silver-basmati-rice-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chettinad Pulao

- Half a cup of cooked chickpeas added along with the vegetables
- Cubed paneer stirred in during the last few minutes of cooking
- Potatoes, beans and carrots kept exactly as original — not reduced
- Add chickpeas at the same stage as the other vegetables

410	15.0g	12.0g
KCAL	PROTEIN	FAT

SPANISH FUSION

Spanish-Style Vegetable Rice

- Whole spices swapped for smoked paprika and saffron
- Bell peppers and tomatoes added alongside the other vegetables
- Finished with a squeeze of lemon and fresh parsley
- Toast the rice briefly in the paprika-infused ghee before adding water

360	8.0g	10.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Steamed Vegetable Pulao

- Ghee reduced to a 1 teaspoon finishing drizzle
- Potato quantity halved, extra beans and peas added instead
- Whole spices dry-roasted and ground as usual for full flavor with less fat
- Steam the vegetables briefly before adding to the rice pot

240	6.0g	3.0g
KCAL	PROTEIN	FAT

39 AI RECIPE TRANSFORMATION

Chettinad Vengaya Kosu Recipe (Spicy Onion Tomato Curry)

Chettinad • Fiery • Everyday Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

110 kcal	2.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Turmeric powder (Haldi)
- 1/2 teaspoon Fennel seeds (Saunf)
- Salt - to taste
- 1/4 cup Fresh coconut - chopped
- 1/2 tablespoon Sesame (Gingelly) Oil
- 8-10 Curry leaves
- 2 Tomatoes - finely chopped
- 5-6 Dry Red Chillies - adjust to taste
- 2 sprig Coriander (Dhania) Leaves - for garnish
- 1 Onion - thinly sliced

METHOD

1. Dry roast red chillies and fennel seeds until fragrant; cool.
2. Grind with coconut and a little water into a smooth masala paste.
3. Heat sesame oil; temper with fennel seeds and curry leaves.
4. Add sliced onions and tomatoes with turmeric and salt.
5. Cook on low flame until the tomatoes turn soft and pulpy.
6. Add a cup of water, then the ground masala; mix well.
7. Simmer for 3-4 minutes.
8. Garnish with coriander leaves and serve with biryani, ven pongal or onion rava dosa.

35 min · Chettinad · 4 servings · archanaskitchen.com/chettinad-vengaya-kosu-recipe-spicy-curry-from-chettinad-cuisine

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chettinad Vengaya Kosu

- A handful of boiled chana added to the curry
- Roasted peanuts ground into the masala paste for extra protein
- Onion and tomato quantities kept exactly as original
- Add the chana at the same stage as the ground masala so it soaks up the gravy

170	8.0g	8.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Onion Tomato Coconut Curry

- Masala paste loosened with coconut milk for a Thai-curry consistency
- A Thai chilli added alongside the dry red chillies
- Finished with Thai basil instead of coriander leaves
- Simmer the curry a few extra minutes in the coconut-milk gravy

140	3.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chettinad Vengaya Kosu

- Sesame oil reduced from 1/2 tablespoon to a light amount
- Coconut quantity reduced slightly
- Extra tomato used to keep the gravy rich without added fat
- Simmer a little longer to thicken naturally without extra oil

80	2.0g	3.0g
KCAL	PROTEIN	FAT

40 AI RECIPE TRANSFORMATION

Chicken Tikka Taco Recipe Topped With Cheesy Garlic Mayo

Mexican Fusion • Quick • Handheld

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

199 kcal	10.9 g	10.7 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 4 Hard taco shells
- 2 tablespoons Nutralite Cheesy Garlic Mayo
- 1 cup Hariyali Chicken Tikka
- 1/4 cup Tomato Salsa
- 1/2 cup Summer Salad
- Refried beans

METHOD

1. To begin making the Chicken Tikka Taco Recipe, keep the elements ready to assemble the tacos.
2. Summer salad - Red Cabbage Salad RecipeHomemade refried beans - Homemade Refried Beans RecipeHomemade spicy Mexican salsa - Spicy Mexican Salsa Recipe - Tomato Salsa RecipeHariyali Chicken Tikka - Hariyali Chicken Tikka RecipeTo assemble the Chicken Tikka Taco, hold the tacos in your palms, making sure it's easy to add the fillings.
3. First in put one tablespoon of homemade refried beans right at the bottom and spread evenly.
4. Next add a generous layer of fresh summer salad, over this salad place the Hariyali chicken tikka, then spoon some homemade Mexican salsa and drizzle the Nutralite Cheesy Garlic Mayo.Once done, serve the Taco immediately for a wholesome and delicious dinner.Serve Chicken Tikka Taco Recipe along with Vegetable Clear Soup With Lemon Grass and Rich Dark Chocolate Mousse Recipe as dessert.

20 min · Mexican · 4 servings · archanaskitchen.com/chicken-tikka-taco-recipe-topped-with-sour-cream-salsa

THREE SMART VARIATIONS

VEGETARIAN

Paneer Tikka Taco

- Hariyali chicken tikka swapped for hariyali paneer tikka, same 1 cup
- Refried beans kept as the protein-rich base layer
- Cheesy garlic mayo and tomato salsa kept exactly as original
- Grill paneer cubes for 2–3 minutes less than chicken, it firms up faster

205	10.0g	12.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Bulgogi Tikka Taco

- Hariyali marinade swapped for a gochujang-soy bulgogi marinade
- Cheesy garlic mayo swapped for a gochujang mayo
- Summer salad swapped for a quick kimchi-style pickled cabbage
- Sesame seeds sprinkled over the top
- Marinate chicken in the bulgogi mix for at least 30 minutes before grilling

225	12.0g	12.5g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chicken Tikka Taco

- Chicken tikka grilled without the oil brush used in the original marinade
- Cheesy garlic mayo reduced to 1 tsp, extra salsa added for moisture
- Refried beans swapped for a lighter black bean puree, less oil
- Grill chicken on a rack so excess marinade drips away
- Use a light spray of oil only, instead of brushing

150	11.0g	6.0g
KCAL	PROTEIN	FAT

41 AI RECIPE TRANSFORMATION

Chicken With Mushroom Sauce Recipe

Continental • Creamy • Weekend Brunch

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

340 kcal	28.0 g	18.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Butter (unsalted) - for cooking
- Salt - to taste
- 1 cup Button mushrooms - sliced
- 1 cup Milk
- 1 Onion - chopped
- 1 Chicken breast
- 1 teaspoon Red Chilli flakes
- 2 teaspoon Corn flour
- 4 cloves Garlic - chopped
- 1 teaspoon Black pepper powder
- 1 teaspoon Dried Thyme Leaves

METHOD

1. Wash and pound the chicken breast to about 1-1/2 inch thickness.
2. Marinate with salt and pepper; rest 10 minutes.
3. Heat butter; cook the chicken breast on both sides, about 5-6 minutes total.
4. Remove and set aside.
5. In the same pan, add more butter and saute garlic until soft.
6. Add onions and saute until caramelized.
7. Add mushrooms, salt and dried herbs; cook until the mushrooms soften.
8. Mix milk and cornflour until smooth; pour in and swirl gently until the sauce thickens.
9. Return the chicken to the sauce, cover with foil and rest 10 minutes before serving with toasted bread.

25 min · Continental · 4 servings · archanaskitchen.com/chicken-with-mushroom-sauce-recipe

THREE SMART VARIATIONS

VEGETARIAN

Double Mushroom & Paneer in Cream Sauce

- Chicken replaced with thick paneer slices and extra mushrooms
- Mushroom cream sauce kept exactly as original
- Paneer cooked for a shorter time than the chicken would need
- Sear the paneer lightly before adding to the mushroom sauce

320	14.0g	20.0g
KCAL	PROTEIN	FAT

ITALIAN FUSION

Italian-Style Chicken Mushroom Marsala

- Thyme increased and a pinch of oregano added
- A splash of white wine vinegar added to deglaze after searing the chicken
- Finished with fresh parsley instead of chilli flakes
- Deglaze the pan with the vinegar before building the mushroom sauce

360	29.0g	19.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chicken With Mushroom Sauce

- Butter reduced from about 3 tablespoons total to 1 tablespoon
- Milk swapped for low-fat milk
- Chicken breast trimmed of any visible fat
- Cook in a nonstick pan with minimal butter

250	30.0g	8.0g
KCAL	PROTEIN	FAT

42 AI RECIPE TRANSFORMATION

Chinese Darsaan Recipe With Ice Cream

Chinese • Crispy-Sweet • Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	4.0 g	14.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Water - to make the dough
- 2 tablespoon Sugar
- 2 tablespoons Water
- 1/2 teaspoon Vanilla Extract
- 1 tablespoon Sunflower Oil
- 2 tablespoons Honey
- 1/4 teaspoon Baking powder
- 1 tablespoon Sesame seeds (Til seeds) - white
- All Purpose Flour (Maida) - as needed
- Sunflower Oil - to deep fry

METHOD

1. Combine flour, baking powder and oil with just enough water to make a smooth, soft dough.
2. Divide into lemon-sized balls and roll each out like a roti.
3. Cut into thin strips resembling flat noodles.
4. Boil the noodle strips in water for 2-3 minutes until they fluff up, then drain.
5. Deep fry the boiled noodles on medium-low heat until crisp and pale golden, not deep brown.
6. Drain on absorbent paper and let cool.
7. In a saucepan, combine sugar, water and honey; bring to a single boil.
8. Turn off the heat, add roasted sesame seeds, mix, and cool until just warm.
9. Toss the fried noodles in the warm honey syrup until well coated.
10. Serve the Darsaan with a scoop of vanilla ice cream.

40 min · Chinese · 4 servings · archanaskitchen.com/chinese-darsaan-recipe-with-ice-cream

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Honey Noodle Darsaan

- A tablespoon of almond flour worked into the dough for extra protein
- Crushed roasted peanuts added along with the sesame seeds
- Honey syrup quantity kept exactly as original
- Knead the almond flour in gradually so the dough stays smooth

360	8.0g	17.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican Churro-Style Honey Noodles

- Fried noodles tossed in cinnamon-sugar instead of just honey syrup
- A pinch of chilli powder added to the honey syrup for warmth
- Served with a side of chocolate sauce instead of ice cream
- Toss the hot fried noodles in cinnamon-sugar right after frying

340	4.0g	15.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Honey Noodles

- Noodles baked or air-fried instead of deep-fried
- Honey syrup reduced by a third
- Served with a small scoop of low-fat frozen yogurt instead of ice cream
- Air fry the boiled noodles at 190°C until crisp instead of deep-frying

190	4.0g	4.0g
KCAL	PROTEIN	FAT

43 AI RECIPE TRANSFORMATION

Chirer Dudh Puli Recipe (Bengali Rice Dumpling Milk)

Bengali • Sweet • Festive Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

300 kcal	6.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 4 tablespoons Milk - warm
- 2 cups Fresh coconut - grated
- 3/4 cup Palm jaggery
- 1/4 cup Sooji (Semolina/Rava)
- 1 cup Palm jaggery
- 1/2 cup All Purpose Flour (Maida)
- 1 liter Milk
- 1 cup Poha (Flattened rice)

METHOD

1. Melt 1 cup jaggery in a pan on medium flame; add grated coconut and stir until the mixture comes together and leaves the sides of the pan.
2. Cool the coconut-jaggery stuffing on a plate.
3. Soak the poha in water for 2-3 minutes, wash and drain well.
4. Combine poha, maida and sooji in a bowl; add milk gradually to form a soft dough.
5. Shape lemon-sized balls, flatten and press a well into the center.
6. Fill with the coconut-jaggery mixture, seal the edges and shape into pulis.
7. Boil milk for the kheer in a heavy pan; once boiling, lower heat and simmer 5 minutes.
8. Remove from heat, add the remaining jaggery and mix (this prevents curdling), then return to low heat.
9. Add the pulis one by one and cook 10 minutes until soft and the milk thickens.
10. Serve hot or chilled as a dessert.

40 min · Bengali Recipes · 4 servings · archanaskitchen.com/chirer-dudh-puli-recipe-bengali-style-rice-dumpling-kheer

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chirer Dudh Puli

- A portion of the kheer milk fortified with milk powder for extra protein
- Chopped almonds and cashews folded into the coconut stuffing
- Puli count and jaggery quantity kept exactly as original
- Stir the milk powder in while the kheer is still warm so it dissolves smoothly

350	11.0g	12.0g
KCAL	PROTEIN	FAT

JAPANESE FUSION

Japanese-Style Coconut Mochi in Sweet Milk

- Poha-maida shell swapped for a glutinous rice flour mochi-style dough
- Coconut stuffing lightened with a touch of matcha
- Served in a lighter, less-sweet milk broth
- Steam the mochi-style dumplings briefly before adding to the milk

310	6.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chirer Dudh Puli

- Full milk swapped for toned or low-fat milk
- Jaggery quantity reduced by a third across the stuffing and kheer
- Coconut quantity in the stuffing reduced slightly
- Simmer the kheer a touch longer to build richness without extra jaggery

210	7.0g	4.0g
KCAL	PROTEIN	FAT

44 AI RECIPE TRANSFORMATION

Chole Biryani Recipe (Spicy Chana Biryani)

North Indian • Layered • Festive Meal

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

420 kcal	14.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Green Chilli - finely chopped
- 1/4 cup Curd (Dahi) - whisked
- 1 teaspoon Ghee
- 1 cup Rice - washed and soaked
- 1 teaspoon Red Chilli powder
- 1 tablespoon Ghee
- 1 teaspoon Garam masala powder
- 1/2 teaspoon Amchur (Dry Mango Powder)
- Salt - to taste
- 1/2 cup Milk
- 1/4 cup Mint Leaves (Pudina)
- 1 cup Kabuli Chana (White Chickpeas) - soaked overnight
- 1 Potato (Aloo) - cubed and soaked in salt water
- 1/2 cup Onions - sliced
- 1 inch Ginger - chopped
- 1 Tomato - finely chopped
- 6 cloves Garlic - chopped
- 1/2 teaspoon Red Chilli powder
- 1/4 cup Coriander (Dhania) Leaves - chopped
- 1/2 teaspoon Turmeric powder (Haldi)
- 2 teaspoons Sunflower Oil
- 1 inch Cinnamon Stick (Dalchini)
- 1 1/2 cup Water
- 1 clove Cloves (Laung)
- 1 Cardamom (Elaichi) Pods/Seeds
- 1/2 Cumin powder (Jeera)
- 1 Bay leaf (tej patta)

METHOD

1. Caramelize sliced onions in oil until deep brown; drain.
2. Pan roast the potato cubes with a little salt and turmeric until light brown; toss with cumin powder, red chilli powder and amchur.
3. Heat ghee, add whole spices and salt, then milk and water; bring to a boil.
4. Add the drained rice, cover and cook until the moisture is absorbed; cool.
5. Mix the cooled rice with coriander, mint, fried onions and roasted potatoes.
6. Pressure cook soaked kabuli chana with water and salt for 6 whistles plus 15 minutes on low; drain.
7. Heat ghee, saute ginger-garlic-green chilli, then add tomatoes and cook until soft.
8. Add garam masala, red chilli powder, turmeric and salt; add curd and the boiled chana for a semi-gravy chole masala.
9. Layer rice and chole masala alternately in a greased bowl, pressing each layer, ending with rice.
10. Invert onto a plate to serve as a biryani dome.

550 min · North Indian Recipes · 4 servings · archanaskitchen.com/chole-biryani-recipe-spicy-chana-biryani-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Chole Biryani

- Chickpea quantity increased for a heartier protein base
- A handful of roasted peanuts stirred into the chole masala
- Rice and potato layers kept exactly as original
- Cook the extra chickpeas alongside the original batch

460	18.0g	13.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Chickpea Saffron Biryani

- A pinch of saffron steeped into the rice's milk-water
- Raisins and toasted almonds layered in with the rice
- Finished with fresh parsley instead of mint
- Steep the saffron in warm milk before adding to the rice

440	15.0g	13.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chole Biryani

- Ghee reduced to a light 1 tablespoon total
- Potatoes baked with a light oil spray instead of pan-roasted in more oil
- Curd swapped for low-fat curd
- Saute the aromatics in a nonstick pan with minimal ghee

320	15.0g	6.0g
KCAL	PROTEIN	FAT

45 AI RECIPE TRANSFORMATION

Crunchy Ginger Capsicum Rice Recipe

Indian • Zesty • Lunchbox Rice

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

250 kcal	5.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Salt - to taste
- 2 teaspoon Butter
- 1 Red Bell pepper (Capsicum)
- 2 cups Basmati rice - cooked
- 2 Green Chillies - finely chopped
- 1 Green Bell Pepper (Capsicum)
- 2 inch Ginger - grated
- 2 teaspoon Sesame seeds (Til seeds) - mixed black and white
- 1 Yellow Bell Pepper (Capsicum)

METHOD

1. Wash and soak basmati rice for 30 minutes; cook in boiling salted water for 20 minutes until al dente, then rest 10 minutes and fluff.
2. Heat butter with a little oil in a kadai to prevent burning.
3. Add finely chopped bell peppers and green chillies; saute 2 minutes.
4. Add grated ginger and stir well.
5. Add the cooked rice, season with salt and gently toss to combine.
6. Garnish with toasted sesame seeds and turn off the heat.
7. Serve for a lunchbox or alongside vegetable Manchurian.

40 min · Indian · 4 servings · archanaskitchen.com/crunchy-ginger-capsicum-rice-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Ginger Capsicum Rice

- Pan-seared paneer cubes tossed in with the peppers
- A handful of roasted peanuts added along with the sesame seeds
- Bell pepper and ginger quantities kept exactly as original
- Sear the paneer separately until golden, then toss through at the end

320	12.0g	11.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Bibimbap Capsicum Rice

- Butter swapped for sesame oil
- A spoon of gochujang stirred through the rice
- Finished with a fried egg on top for a bibimbap-style presentation
- Fry the vegetables in sesame oil at high heat for a smoky char

290	7.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Ginger Capsicum Rice

- Butter reduced from 2 teaspoons to a light 1/2 teaspoon
- Extra bell pepper added for more volume and crunch
- Sesame seed garnish kept the same for texture
- Saute the peppers in a nonstick pan with minimal oil

190	5.0g	3.0g
KCAL	PROTEIN	FAT

46 AI RECIPE TRANSFORMATION

Dahi Bhalla Papdi Chaat Recipe

North Indian • Street Food • Chaat

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

345.5 kcal	9.6 g	14.2 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Carrot (Gajjar) - grated
- 1 cup Green Chutney (Coriander & Mint)
- 2 sprig Coriander (Dhania) Leaves - chopped
- 2 Onions - finely chopped
- 4 Curd Vada
- 1 cup Papdi puris
- 1 cup Boondi - or sev
- Chaat Masala Powder - to taste
- 1 cup Sweet Chutney (Date & Tamarind)
- 1/4 cup Raw Peanuts (Moongphali) - roasted and halved
- Cumin powder (Jeera) - to taste
- 1 Anardana Powder (Pomegranate Seed Powder)

METHOD

1. To begin making the Dahi Bhalla Papdi Chaat, you can either use the puri's or papdi.
2. We will be making a plate at a time.In a flat plate or a bowl; arrange the papdis or puri's.
3. Add the dahi bhalla over the papdi or into the puri.
4. If your bhalla's are large, then break them into small pieces and add them.
5. Pour some of the dahi as well.
6. Next drizzle the date chutney and the green chutneys around each of the papdi/ puri's.
7. Sprinkle chaat masala powder and the cumin powder.
8. Next sprinkle the grated carrots, pomegranates and the crisp boondi/sev.Finally sprinkle the onions and the chopped coriander leaves.
9. The chaat is now ready to be served.
10. Proceed the same way with the remaining Bhalla's and Papdi.Serve the Dahi Bhalla Papdi (Puri) Chaat Recipe as an Appetizer or as as Tea Time Snack to fill your hunger craving.

40 min · North Indian Recipes · 4 servings · archanas kitchen.com/dahi-bhalla-papdi-puri-chaat-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Dahi Bhalla Chaat

- Curd vada mixture enriched with extra soaked moong dal before shaping
- 1/4 cup roasted chana added alongside the peanuts
- Boondi quantity reduced slightly to balance the extra bulk
- Steam the enriched vada batter briefly before frying, so it holds together

380	15.5g	15.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Chaat

- Papdi swapped for baked pita crisps
- Green chutney swapped for a herby tahini-yogurt drizzle
- Sweet chutney swapped for a light date-pomegranate molasses drizzle
- Fresh parsley and mint used generously as garnish
- Bake pita crisps at 190°C for 8–10 minutes instead of deep-frying papdi

300	10.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Dahi Bhalla Papdi Chaat

- Papdi and boondi replaced with baked papdi and roasted (not fried) boondi
- Sweet chutney quantity halved
- Curd vada swapped for curd-soaked steamed lentil dumplings
- Bake papdi at 180°C for 10 minutes until crisp instead of frying
- Steam the vada, then soak in curd exactly as the original method

230	10.0g	6.0g
KCAL	PROTEIN	FAT

47 AI RECIPE TRANSFORMATION

Dahi Wale Paneer Recipe - Paneer In A Curd Gravy

North Indian • Weekend • Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

420 kcal	22.0 g	30.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Garam masala powder
- 1 tablespoon Lemon juice
- 100 gram Curd (Dahi / Yogurt)
- 1 teaspoon Cumin powder (Jeera)
- 2 inch Ginger - chooped
- 2 tablespoons Homemade tomato puree
- 1 tablespoon Coriander (Dhania) Leaves - to garnish
- 400 grams Paneer (Homemade Cottage Cheese)
- 2 Onions - sliced
- 2 teaspoon Coriander Powder (Dhania)
- 1 tablespoon Butter
- 3 cloves Garlic - chopped
- 1/4 teaspoon Turmeric powder (Haldi)
- 50 grams Fresh cream
- 1 teaspoon Red Bell pepper (Capsicum) - chopped
- 2 tablespoon Whole cashews - or almonds (paste)
- 2 Fresh Red chillies - chopped

METHOD

1. To begin making the Dahi Wale Paneer Recipe, add ginger, garlic and fresh red chillies in a mortar and pestle and grind it to paste.In a bowl, add capsicum, cumin powder, coriander powder, garam masala powder and mix everything well.Divide this mixture into half and keep in an another bowl.
2. In one of them, add curd, salt, paneer and mix everything well.
3. Keep it aside to marinate for about 1 hour.To make the gravy for the Paneer Curry, heat butter in a heavy bottomed pan on low heat.
4. Add onions and saute till it turns soft.Once the onions turn soft, add the ginger garlic chilli paste and cook it for about 2 minutes.
5. After 2 minutes, add the capsicum mixture and let it cook till the capsicum turns a little soft.Once done, add the tomato puree, turmeric powder, cashew or almond paste, salt, required water and give it a mix.
6. Let it cook for about 3 to 4 minutes.After 3 to 4 minutes, turn the flame to low and add the whisked curd.
7. Cook it for another 5 minutes.Meanwhile, shallow fry or grill the paneer pieces on a non stick pan, using oil as required.
8. Cook from both the sides till it turns golden brown.Add the fresh cream and mix it again.
9. Add the paneer cubes and mix everything properly.Cook for about 2 minutes, add the lemon juice and garnish it with coriander leaves.Serve Dahi Wale Paneer Recipe along with Palak Dal, Tomato Onion Cucumber Raita, Jeera Rice, Phulka and Kachumber Salad for a weekend meal.

80 min · North Indian Recipes · 4 servings · archanaskitchen.com/dahi-wale-paneer-recipe-paneer-in-a-curd-gravy

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Dahi Paneer

- Paneer increased from 400g to 500g
- 2 tbsp roasted chana added for extra bite and protein
- Fresh cream trimmed slightly to offset the added richness
- Curd, spice and gravy quantities kept exactly as original
- Marinate the extra paneer in the same curd mixture for the full hour

490	29.0g	33.0g
KCAL	PROTEIN	FAT

GREEK FUSION

Paneer Tzatziki Curry

- Curd swapped for thick Greek yogurt
- Fresh cucumber and dill stirred in at the end, tzatziki-style
- Cashew paste replaced with a spoon of tahini
- Fresh lemon zest added alongside the juice
- Garam masala reduced, oregano and dill added instead

430	23.0g	27.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Dahi Paneer

- Butter cut from 1 tbsp to a light spray
- Fresh cream reduced from 50g to 2 tbsp low-fat yogurt
- Cashew paste halved, replaced partly with pureed onion for body
- Grill the paneer instead of shallow-frying in oil
- Thicken the gravy by simmering longer instead of adding extra cream

290	20.0g	16.0g
KCAL	PROTEIN	FAT

48 AI RECIPE TRANSFORMATION

Dalia Pakora Recipe - Broken Wheat Pakora

Indian • Crispy • Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

200 kcal	6.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Green Chilli - finely chopped
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 teaspoon Eno fruit salt
- Salt - to taste
- 1/2 teaspoon Sunflower Oil
- Sunflower Oil - as required to fry the pakoras
- 1 cup Broken Wheat (Dalia/Godumai Rava)
- 1/4 cup Coriander (Dhania) Leaves - finely chopped
- 1 Onion - finely chopped
- 1 tablespoon Sunflower Oil
- 1/2 teaspoon Ajwain (Carom seeds)
- Water - as required
- 1/3 cup Gram flour (besan)
- 1/2 teaspoon Cumin seeds (Jeera)

METHOD

1. Wash the broken wheat and pressure cook with 2 cups water, a little salt and oil for 4-5 whistles.
2. Release the pressure naturally; if excess water remains, cook uncovered on high heat until it dries up.
3. Cool the cooked dalia in a large bowl.
4. Add besan, onion, coriander, green chilli, salt, turmeric, cumin, ajwain, oil and a little water; mix into a thick batter.
5. Stir in the Eno fruit salt just before cooking.
6. Heat a paniyaram pan, add oil to each cavity and spoon in the batter once hot.
7. Cook until golden brown and crisp on all sides; alternatively, shallow fry in a pan.
8. Serve with coriander mint chutney and tamarind chutney.

25 min · Indian · 4 servings · archanaskitchen.com/dalia-pakora-recipe-broken-wheat-pakora-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Dalia Pakora

- Besan quantity increased for a denser protein base
- A spoon of roasted moong dal flour worked into the batter
- Broken wheat quantity kept exactly as original
- Rest the batter a few extra minutes after adding the extra flours

240	10.0g	9.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Dalia Savory Pancake

- Ajwain and cumin swapped for a dash of soy sauce and sesame oil in the batter
- Chopped spring onion added generously
- Served with a soy-vinegar dipping sauce instead of chutney
- Cook thinner, jeon-style pancakes in a lightly oiled pan

220	7.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Dalia Pakora

- Pakoras baked instead of deep-fried in the paniyaram pan
- Oil in the batter reduced to a light 1 teaspoon
- Extra coriander and onion added for flavor without added fat
- Bake at 200°C, turning once, until golden and crisp

130	6.0g	3.0g
KCAL	PROTEIN	FAT

49 AI RECIPE TRANSFORMATION

Drunken Noodles Recipe (Pad Kee Mao)

Thai • Bold • Weekend Dinner

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

340 kcal	8.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Fish sauce
- 1/4 cup Capsicum (red) - cut
- 1/2 cup Baby corn - cut
- 6 cloves Garlic - finely chopped
- 1/2 tablespoon Brown sugar
- 1/2 tablespoon Honey
- 1/4 cup Capsicum (green) - cut
- 1/3 cup Green onions
- 1/4 cup Thai Basil leaves - cut
- 1 inch Ginger - finely chopped
- 1 tablespoon Soy sauce
- 200 grams Rice noodles
- 1 tablespoon Sriracha sauce
- 1/4 cup Capsicum (yellow) - cut

METHOD

1. Boil the rice noodles in salted, oiled water until soft but not mushy; drain and rinse under cold water.
2. Toss the noodles with a little oil to keep them from sticking.
3. Mix brown sugar, honey, soy sauce, fish sauce and sriracha with a tablespoon of hot water for the sauce.
4. Heat oil in a pan; add ginger and garlic, cook 30 seconds.
5. Add green onions, cook a minute, then add all three capsicums and baby corn; cook until softened.
6. Add salt and the noodles; mix well.
7. Pour in the drunken noodle sauce and cook 3-4 minutes.
8. Stir in Thai basil and serve hot.

35 min · Thai · 4 servings · archanaskitchen.com/drunken-noodles-recipe-pad-kee-mao-in-hindi

THREE SMART VARIATIONS

VEGETARIAN

Vegetarian Drunken Noodles

- Fish sauce replaced with an equal amount of soy sauce and a splash of mushroom stock for umami
- Vegetable quantities kept exactly as original
- Sriracha and basil finish kept the same
- Simmer the soy-mushroom mixture briefly to concentrate its umami before adding

310	7.0g	7.0g
KCAL	PROTEIN	FAT

SCHEZWAN FUSION

Indo-Chinese Schezwan Drunken Noodles

- Sriracha swapped for schezwan sauce for a garlicky heat
- A tablespoon of vinegar added for tang
- Finished with spring onion greens instead of Thai basil
- Stir-fry on high heat, wok-style, for a smokier finish

350	8.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Drunken Noodles

- Oil for stir-frying reduced to a light 1 teaspoon
- Brown sugar and honey reduced by half
- Extra capsicum and baby corn added for more volume and fewer calories per serving
- Stir-fry the vegetables in a nonstick wok with minimal oil

250	7.0g	4.0g
KCAL	PROTEIN	FAT

50 AI RECIPE TRANSFORMATION

Dubuk Vade Recipe - Khandeshi Gram Flour Dumpling Curry

Maharashtrian • Coconutty • Everyday Lunch

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

260 kcal	8.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Red Chilli powder
- 1/2 teaspoon Turmeric powder (Haldi)
- 1/2 cup Coriander (Dhania) Leaves - chopped
- Salt - to taste
- 1 teaspoon Cumin seeds (Jeera)
- 1 teaspoon Red Chilli powder
- 1/2 cup Gram flour (besan)
- 1 teaspoon Salt
- 2 Onions - finely chopped
- 3 tablespoon Garam masala powder
- 1/4 cup Fresh coconut - grated
- 4 cloves Garlic - chopped

METHOD

1. Heat oil in a kadai; saute onions and garlic until golden brown.
2. Add grated coconut and saute 5 more minutes until roasted.
3. Add coriander leaves, saute 2 more minutes and turn off the heat.
4. Cool, then blend into a smooth, creamy paste with a little water.
5. For the dumplings, mix besan, red chilli powder, turmeric and salt with water into a dropping-consistency batter.
6. Heat a paniyaram pan, drizzle oil into each cavity and cook spoonfuls of batter for 5 minutes on each side until done.
7. Drain the fried vade on paper towels.
8. Heat oil in a kadai, add cumin seeds and let them crackle, then add the coconut-coriander paste and saute until reduced.
9. Add the spice powders and salt; add 1 cup water and bring to a boil.
10. Add the fried vade and simmer 10 more minutes; serve hot with jowar roti.

45 min · Maharashtrian Recipes · 4 servings · archanaskitchen.com/dubuk-vade-recipe-khandeshi-gram-flour-dumpling-curry

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Dubuk Vade

- Besan quantity increased in the dumpling batter for extra protein
- A spoon of roasted moong dal flour added to the vade batter
- Coconut-coriander gravy kept exactly as original
- Rest the enriched batter a few minutes before shaping the vade

300	11.0g	13.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Coconut Dumpling Curry

- Gravy loosened with coconut milk for a Thai-curry consistency
- A Thai red chilli and a touch of lemongrass added to the gravy base
- Finished with Thai basil instead of coriander leaves
- Simmer the vade a few extra minutes in the coconut-milk gravy

290	9.0g	15.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Dubuk Vade

- Vade baked instead of pan-fried in the paniyaram pan
- Coconut in the gravy reduced by half, extra onion used instead
- Oil for the gravy reduced to a light 1 teaspoon
- Bake the vade at 200°C until golden before adding to the gravy

170	8.0g	5.0g
KCAL	PROTEIN	FAT

51 AI RECIPE TRANSFORMATION

Duration Special Nihari Recipe

Awadhi • Slow-Cooked • Festive Meal

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

380 kcal	26.0 g	22.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Water - as required
- 1 teaspoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 2 teaspoon Rose water
- 2 Black cardamom (Badi Elaichi)
- 1 cup Whole Wheat Flour
- 1/4 teaspoon Nutmeg powder
- 1/2 teaspoon Saffron strands - soaked in milk
- 2 tablespoon Sunflower Oil
- 3 tablespoons Curd (Dahi)
- Salt - to taste
- 2 Bay leaves (tej patta)
- 1-1/2 inch Ginger - julienne
- 1 teaspoon Turmeric powder (Haldi)
- 2 teaspoons Garam masala powder
- Coriander (Dhania) Leaves - small bunch
- 4 Cardamom (Elaichi) Pods/Seeds
- 1 teaspoon Garlic - crushed
- 1 teaspoon Ginger - crushed
- 1 inch Cinnamon Stick (Dalchini)
- 1 teaspoon Onion - sauteed and ground
- 1/2 teaspoon Cardamom Powder (Elaichi)
- 1 kg Mutton - shanks
- 1/4 cup Water

METHOD

1. Knead wheat flour with water into a tight dough to seal the cooking vessel.
2. Heat oil; add whole spices (cardamom, cinnamon, cloves, black cardamom, bay leaves) and saute.
3. Add the mutton and saute 6-7 minutes.
4. Add salt and turmeric; mix well, add water, cover and cook until it boils.
5. Add ginger-garlic paste, coriander powder, red chilli powder and onion paste.
6. Add whisked yogurt, rose water, garam masala, nutmeg, cinnamon powder and saffron milk.
7. Cover and cook 2-3 minutes.
8. Transfer to a heavy-bottomed handi, seal the lid with the wheat dough.
9. Cook on very low heat for 1.5-2 hours until the meat is tender.
10. Garnish with coriander and ginger juliennes; serve with roomali roti or naan.

135 min · Awadhi · 4 servings · archanaskitchen.com/awadhi-khaas-nihari-recipe

THREE SMART VARIATIONS

VEGETARIAN

Jackfruit Nihari

- Mutton replaced with large chunks of boiled raw jackfruit
- Whole-spice masala and saffron-yogurt base kept exactly as original
- Jackfruit simmered for a shorter time than the mutton would need
- Simmer the sealed handi for about 30-40 minutes instead of 1.5-2 hours since jackfruit cooks faster

320	8.0g	18.0g
KCAL	PROTEIN	FAT

MOROCCAN FUSION

Moroccan-Style Spiced Lamb Nihari Tagine

- Garam masala swapped for cumin, cinnamon and a touch of preserved lemon
- A few chopped dates added for gentle sweetness
- Finished with fresh coriander and a drizzle of olive oil
- Simmer covered a little longer, tagine-style, to let the spices infuse

400	27.0g	23.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Nihari

- Oil reduced from 2 tablespoons to 1 teaspoon
- Lean mutton cuts used in place of shanks
- Curd swapped for low-fat curd
- Simmer the sealed handi the same way; the leaner cut still becomes tender

280	27.0g	10.0g
KCAL	PROTEIN	FAT

52 AI RECIPE TRANSFORMATION

Egg Pulao Recipe

Indian • Fragrant • Festive Rice

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

420 kcal	16.0 g	18.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 cup Tomato - finely sliced
- Water - as required
- 3 tablespoon Ghee - or oil
- 1 teaspoon Red Chilli powder
- 1/4 cup Mint Leaves (Pudina) - chopped
- 1 tablespoon Ghee
- 6 Cardamom (Elaichi) Pods/Seeds
- 2 inch Ginger
- 8 Whole Black Peppercorns
- Salt - to taste
- 1 Star anise
- 4 Green Chillies
- 2 Bay leaves (tej patta)
- 1-1/2 teaspoon Cumin seeds (Jeera)
- 3 cups Basmati rice - soaked 45 mins
- 12 Whole Eggs - hard-boiled
- 2 inch Cinnamon Stick (Dalchini)
- 1 Lemon juice
- 12 cloves Garlic
- 1/4 teaspoon Whole Black Peppercorns - crushed
- 1/4 cup Coriander (Dhania) Leaves - chopped
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 cup Onions - finely sliced
- 3/4 cup Curd (Dahi) - whisked
- 3 Green Chillies - slit

METHOD

1. Fry the boiled eggs in ghee with red chilli powder and crushed pepper until slightly browned and crisp; set aside.
2. Heat ghee; add cumin seeds and whole spices, fry until the cumin crackles.
3. Grind green chilli, garlic and ginger into a paste; add and saute a minute.
4. Add onions and fry until just golden.
5. Add tomatoes and slit green chillies; cook until mushy.
6. Add turmeric, then whisked yogurt; stir until well combined.
7. Add salt, mint, lemon juice and coriander leaves.
8. Add soaked rice and mix gently.
9. Slit the fried eggs, add them with water; boil until 80% of the water dries up, then cover and simmer 15-20 minutes.
10. Fluff the rice and rest before serving with raita.

70 min · Indian · 4 servings · archanaskitchen.com/egg-pulao-recipe

THREE SMART VARIATIONS

VEGETARIAN

Egg-Free High-Protein Paneer & Soy Pulao

- Boiled eggs replaced with a mix of paneer cubes and rehydrated soy chunks
- Whole spice base and curd gravy kept exactly as original
- Paneer-soy mix fried the same way the eggs would be, then added to the rice
- Fry the paneer and soy chunks the same way as the eggs before adding to the rice

400	18.0g	16.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Spiced Paneer Pulao Bowl

- Whole spices swapped for cumin and smoked paprika
- Paneer cubes used in place of eggs, seared with chilli powder
- Finished with fresh coriander and a squeeze of lime
- Sear the paneer with the Mexican spice blend before folding into the rice

420	16.0g	18.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Egg Pulao

- Ghee reduced from about 4 tablespoons total to 1 tablespoon
- Egg quantity reduced from 12 to 8, extra vegetables added instead
- Curd swapped for low-fat curd
- Saute the aromatics in a nonstick pot with minimal ghee

320	14.0g	9.0g
KCAL	PROTEIN	FAT

53 AI RECIPE TRANSFORMATION

Eggless Chocolate Cupcakes With Raspberry & Cheese Frosting

Continental • Indulgent • Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	5.0 g	16.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 tablespoon Baking powder
- 8 Fresh raspberries
- 1 cup All Purpose Flour (Maida)
- 1 cup Cream Cheese
- 3/4 cup Caster Sugar
- 1/2 tablespoon Vanilla Extract
- 1/2 cup Cocoa Powder
- 1 cup Dark chocolate
- 1/2 cup Salted butter
- 1 teaspoon Vanilla Extract
- 3/4 cup Milk
- 1/2 teaspoon Baking soda
- 1/2 cup Sugar

METHOD

1. Sieve flour, cocoa powder, baking powder and baking soda together; keep aside.
2. Whisk butter for 5 minutes until light and fluffy.
3. Add sugar and whisk for another 3 minutes.
4. Add vanilla extract and half the milk; whisk to combine.
5. Melt the dark chocolate using a double-boiler method.
6. Fold in the dry ingredients in stages, adding the rest of the milk as needed.
7. Preheat the oven to 200°C for 10 minutes.
8. Pour the batter into cupcake moulds and bake at 150°C for 15 minutes; cool completely.
9. Whisk the cream cheese until it holds soft peaks, then add sugar and vanilla extract.
10. Blend in a few crushed raspberries, pipe onto the cooled cupcakes and top with a fresh raspberry.

40 min · Continental · 4 servings · archanaskitchen.com/eggless-chocolate-cupcakes-with-raspberry-and-cream-cheese-frosting-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chocolate Cupcakes

- A scoop of vanilla protein powder worked into the dry ingredients
- Cream cheese frosting lightened with a portion of Greek yogurt
- Raspberry topping kept exactly as original
- Reduce milk slightly to balance the added protein powder in the batter

300	10.0g	15.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican Spiced Chocolate Cupcakes

- A pinch of cinnamon and chilli powder added to the chocolate batter
- Frosting finished with a dusting of cinnamon instead of plain raspberry
- A drizzle of dulce de leche added under the frosting
- Warm the dulce de leche slightly so it drizzles smoothly

340	5.0g	17.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chocolate Cupcakes

- Butter reduced by half, replaced partly with unsweetened applesauce
- Sugar reduced by a quarter across the batter and frosting
- Cream cheese frosting swapped for a lighter whipped Greek yogurt topping
- Fold applesauce in gently to keep the batter from becoming dense

220	5.0g	8.0g
KCAL	PROTEIN	FAT

54 AI RECIPE TRANSFORMATION

Elephant Yam Raita (Senai Pachadi)

Indian • Cooling • Side Dish

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

130 kcal	4.0 g	4.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 Green Chilli
- 1-1/2 teaspoon Mustard seeds (Rye)
- Asafoetida - a pinch
- 250 grams Elephant Yam
- Salt - as per taste
- 3 tablespoons Coriander - chopped
- 1 inch Ginger
- 1 cup Curd
- 1 teaspoon Oil
- 1-1/2 teaspoon Black Urad Dal (Split)

METHOD

1. Peel and cut the yam into small pieces.
2. Pressure cook the yam with water for 3 whistles; let the pressure release naturally and drain, reserving the water.
3. Grind coriander, green chilli, ginger and the cooked yam in a mixer.
4. Heat oil in a tempering pan; add the tempering ingredients and cook 30 seconds.
5. In a bowl, combine the yam mixture, curd and reserved water; mix well.
6. Add the tempering and mix once more.
7. Serve with mixed vegetable sambar, beetroot thoran and rice.

40 min · Indian · 4 servings · archanaskitchen.com/senai-pachadi-recipe-elephant-yam-raita-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Yam Raita

- Curd swapped for thick Greek yogurt for extra protein
- Urad dal quantity doubled in the tempering
- Yam quantity kept exactly as original
- Whisk the Greek yogurt smooth before mixing with the yam paste

180	10.0g	5.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Yam Tzatziki

- Ginger and green chilli reduced, fresh dill and garlic added instead
- A drizzle of olive oil stirred in with the curd
- Tempering swapped for a squeeze of lemon
- Rest the mixture 10 minutes for the dill and garlic to infuse

140	5.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Yam Raita

- Curd swapped for low-fat curd
- Oil in the tempering reduced to a light 1/2 teaspoon
- Extra coriander and reserved yam water used to lighten the raita
- Thin the raita with a little extra yam water instead of oil

85	4.0g	2.0g
KCAL	PROTEIN	FAT

55 AI RECIPE TRANSFORMATION

Fulkopir Paturi Recipe (Bengali Style Cabbage Dumplings)

Bengali • Steamed • Everyday Side

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

150 kcal	4.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3/4 teaspoon Poppy seeds - powdered
- 1/4 cup Coconut - grated
- 1 teaspoon Mustard seeds - powdered
- 4 Garlic - cloves
- 1/4 teaspoon Turmeric powder (Haldi)
- Sunflower Oil - for greasing
- Oil - to grease
- Banana leaves - for the steamer
- 1 cup Cabbage - grated
- Salt - to taste
- 1/2 teaspoon Cumin seeds (Jeera)
- 1/4 teaspoon Red Chilli powder
- 2 Green Chillies - chopped
- 1 teaspoon Mustard oil
- 1/4 teaspoon Sugar

METHOD

1. Wash the cabbage thoroughly and soak in hot water for 2-3 minutes; set aside.
2. Grind mustard seeds, poppy seeds, green chillies, coconut and garlic with a little water into a paste.
3. Combine cabbage, the ground paste, salt, sugar, turmeric, red chilli powder, mustard oil and cumin seeds; mix well.
4. Rest for an hour.
5. Place a banana leaf in a steamer.
6. Shape small portions of the mixture into gatta-like ovals and place on the banana leaf.
7. Wrap and seal with a toothpick; repeat with all the mixture.
8. Steam for 12-15 minutes; serve with rice, phulka and cholar dal.

85 min · Bengali Recipes · 4 servings · archanaskitchen.com/healthy-fulkopir-paturi-recipe-bengali-style-cauliflower-dumplings-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Fulkopir Paturi

- A spoon of roasted moong dal ground into the paste for extra protein
- Coconut and poppy seed quantities kept exactly as original
- Cabbage quantity kept exactly as original
- Grind the moong dal fine so it blends smoothly into the paste

190	8.0g	9.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Steamed Cabbage Dumplings

- A squeeze of lime added to the paste for brightness
- A Thai chilli added alongside the green chillies
- Finished with fresh coriander and Thai basil after steaming
- Steam the same way, then toss lightly with lime juice before serving

160	4.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Fulkopir Paturi

- Coconut quantity reduced by a third
- Mustard oil reduced to a light drizzle
- Cabbage quantity kept the same for the same fiber
- Steam the same way; the lighter mixture holds together just as well

100	4.0g	4.0g
KCAL	PROTEIN	FAT

56 AI RECIPE TRANSFORMATION

Garlic Amla Chutney Recipe - Lehsun Amla Chutney Recipe

Tamil Nadu • Tangy • Condiment

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

140 kcal	4.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 10 bud garlic
- 1/2 cup mint
- 2 green chillies
- 1/2 tsp rye (mustard seeds)
- 1 sprig curry leaves
- Salt - as per taste
- 8 amla
- 10 cashew nuts
- 1/4 tsp urad dal
- 6 small onions
- 1/4 tsp chana dal
- 1 tsp oil
- 1/2 cup coriander

METHOD

1. Wash the amla, cut and remove the seeds.
2. Wash the mint and coriander; keep aside.
3. Heat oil in a pan.
4. Add small onions and garlic; cook until the onion softens.
5. Add amla, mint and coriander; cook for 2 minutes.
6. Turn off the gas and let the mixture cool.
7. Grind the mixture with salt and a little water into a paste.
8. For tempering, heat oil in a small pan; add mustard seeds, chana dal, urad dal, curry leaves and cashews, cook until cashews are light brown.
9. Add the tempering to the chutney, mix well and serve.
10. Serve with ghee roast dosa and filter coffee.

15 min · Tamil Nadu · 4 servings · archanaskitchen.com/lehsun-amla-chutney-recipe-garlic-gooseberry-chutney-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Garlic Amla Chutney

- Cashew nut quantity doubled in the tempering
- Chana dal and urad dal quantities increased before roasting
- Amla and garlic kept exactly as original for the same tang
- Roast the extra dal alongside the cashews until golden

180	7.0g	12.0g
KCAL	PROTEIN	FAT

ITALIAN FUSION

Italian-Style Garlic Gooseberry Pesto

- Cashews swapped for toasted pine nuts and a little parmesan
- Olive oil replacing part of the tempering oil
- Basil folded in alongside the mint and coriander
- Blend to a coarser, pesto-like texture instead of a smooth paste

160	5.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Garlic Amla Chutney

- Cashews reduced by half, extra amla added for volume
- Tempering oil cut from 2 teaspoons total to 1/2 teaspoon
- Dal dry-roasted instead of oil-fried where possible
- Dry-roast the tempering dal and cashews in a nonstick pan

90	3.0g	4.0g
KCAL	PROTEIN	FAT

57 AI RECIPE TRANSFORMATION

Garlic Tikki Recipe (Lehsuni Aloo Tikki)

North Indian • Crispy • Tea-Time Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

260 kcal	8.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 cup Paneer - grated
- 10 cloves Garlic - finely chopped
- Salt - to taste
- 1 tablespoon Coriander (Dhania) Leaves - chopped
- 7 Potatoes (Aloo) - boiled
- 10 Cashew nuts - finely chopped
- 1 Onion - finely chopped
- 2 Green Chillies - finely chopped
- 1/4 teaspoon Red Chilli powder
- 1 tablespoon Corn flour
- Sunflower Oil - for frying

METHOD

1. Boil and mash the potatoes; mix with corn flour and salt for the outer layer.
2. Divide into 12 equal portions.
3. Mix grated paneer, garlic, onion, green chillies, coriander and red chilli powder with salt for the filling.
4. Flatten a portion of potato mix, add a spoon of paneer filling, and seal into a ball.
5. Flatten between your palms into tikki shape.
6. Repeat for all the portions; refrigerate 10 minutes.
7. Heat a skillet with oil; shallow fry the tikkis until golden on both sides.
8. Drain and serve with spicy green chutney and ginger tea.

50 min · North Indian Recipes · 4 servings · archanas kitchen.com/lehsuni-tikki-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Garlic Tikki

- Paneer filling quantity increased from 1/2 cup to 3/4 cup
- Cashew quantity increased slightly for extra protein
- Potato quantity kept exactly as original
- Mix the extra paneer in while the filling is still fresh for easier binding

300	11.0g	14.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Garlic Potato Croquettes

- Red chilli powder boosted with cumin and a pinch of smoked paprika
- Shaped into oval croquettes instead of round tikkis
- Served with a smoky chipotle mayo instead of green chutney
- Shape into ovals for a more croquette-like presentation

270	8.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Garlic Tikki

- Tikkis baked instead of shallow-fried
- Low-fat paneer used in place of regular paneer
- Cashew quantity reduced by half
- Bake at 200°C, turning once, until golden and crisp

180	7.0g	4.0g
KCAL	PROTEIN	FAT

58 AI RECIPE TRANSFORMATION

Ginger Sesame Chicken With Bok Choy And Mushrooms Recipe

Chinese • Glossy-Savory • Weekend Dinner

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	26.0 g	14.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 200 grams Chicken breasts - skinless and boneless
- 1 Garlic - minced
- 3 tablespoons Soy sauce
- 1 tablespoon Sugar
- Salt and Pepper - as required
- 1 Red Bell pepper (Capsicum) - cut into 3/4 inch pieces
- 1/2 teaspoon Fresh Red chillies - crushed
- 3 tablespoons Sunflower Oil
- 200 grams Button mushrooms - thickly sliced
- 2 Bok Choy - heads
- 1/2 cup Chicken stock
- 1/2 teaspoon Rice Vinegar
- Sesame seeds - roasted
- 1/2 teaspoon Sesame Oil
- 2 tablespoons Ginger - finely chopped
- 1 tablespoon Sherry - or white wine
- 1 teaspoon Corn flour - dissolved in water

METHOD

1. Cut chicken into cubes; wash and split bok choy heads, cutting the root crosswise.
2. Slice mushrooms and chop bell pepper.
3. Saute onion in oil until browned; drain on paper towels.
4. Stir-fry bell pepper and bok choy in the same pan until crisp-tender; drain.
5. Stir-fry the chicken cubes with salt and pepper until cooked.
6. Bring chicken stock to a boil, then combine with sherry, soy sauce, sugar, vinegar, cornstarch slurry, sesame oil and chilli flakes.
7. Saute minced garlic and ginger in oil; add the stir-fried vegetables and chicken.
8. Add the sauce and simmer until thickened.
9. Sprinkle roasted sesame seeds and serve hot with steamed rice.

40 min · Chinese · 4 servings · archanaskitchen.com/ginger-sesame-chicken-with-bok-choy-and-mushrooms-recipe

THREE SMART VARIATIONS

VEGETARIAN

Ginger Sesame Tofu & Mushroom

- Chicken replaced with pan-seared firm tofu cubes
- Sauce and vegetable quantities kept exactly as original
- Mushroom quantity increased to compensate for the missing chicken
- Sear the tofu separately until golden, then toss through with the sauce

280	14.0g	15.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Gochujang Ginger Chicken

- Soy-sugar sauce boosted with a spoon of gochujang for deeper heat
- A dash of extra sesame oil added at the end
- Finished with toasted sesame seeds and extra spring onion
- Stir the gochujang into the sauce gradually to control the heat

340	27.0g	16.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Ginger Sesame Chicken

- Oil reduced from 3 tablespoons to 1 tablespoon
- Sugar in the sauce reduced by half
- Extra bok choy and mushrooms added for more volume
- Stir-fry in a nonstick wok with minimal oil

240	27.0g	6.0g
KCAL	PROTEIN	FAT

59 AI RECIPE TRANSFORMATION

Goan Chicken Vindaloo Recipe

Goan • Fiery-Tangy • Weekend Feast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	26.0 g	16.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Salt
- 1/2 tablespoon Mustard seeds
- 2 Onions - chopped
- 1 teaspoon Jaggery
- 1 Tomato - chopped
- Salt - to taste
- 1/2 teaspoon Methi Seeds (Fenugreek Seeds)
- 1 tablespoon Tamarind - soaked in hot water
- 1/2 inch Ginger
- 1/2 tablespoon Whole Black Peppercorns
- 2 Green Chillies - chopped
- 1 tablespoon Sunflower Oil
- 5 Kashmiri Dry Red Chilli
- 3 Cloves (Laung)
- 8 cloves Garlic
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 tablespoon Coriander Seeds
- 1 inch Cinnamon Stick (Dalchini)
- 1 teaspoon Cumin seeds (Jeera)
- 4 tablespoon Vinegar
- 500 grams Chicken - curry cut pieces
- 1 teaspoon Sunflower Oil
- 1/4 cup Homemade tomato puree

METHOD

1. Heat oil; saute ginger and garlic until slightly softened and browned.
2. Add peppercorns, mustard seeds, cumin seeds, coriander seeds, fenugreek seeds, cloves, cinnamon and Kashmiri red chillies; roast on low flame until fragrant.
3. Cool, then blend with vinegar, salt, turmeric and jaggery, adding a little water, into a smooth paste.
4. Marinate the chicken with this paste for at least 2 hours or up to 24 hours.
5. Heat oil; saute green chillies and onions until golden brown.
6. Add tomatoes and cook until soft, then add tomato puree and cook 2-3 minutes.
7. Add the marinated chicken and remaining marinade; cook 10 minutes, adding water if it becomes too dry.
8. Add a cup of water and cook covered on medium flame 25-30 minutes until the chicken is tender.
9. Adjust seasoning and serve hot with lachha paratha or steamed rice.

50 min · Goan Recipes · 4 servings · archanaskitchen.com/goan-chicken-vindaloo-recipe

THREE SMART VARIATIONS

VEGETARIAN

Goan Jackfruit Vindaloo

- Chicken replaced with boiled, shredded raw jackfruit
- Vindaloo marinade paste kept exactly as original
- Jackfruit simmered for a shorter time than the chicken would need
- Marinate the jackfruit the same way, then simmer briefly in the curry

280	8.0g	14.0g
KCAL	PROTEIN	FAT

CARIBBEAN FUSION

Caribbean-Style Vindaloo Chicken

- Kashmiri chillies partly swapped for a scotch bonnet
- Allspice added to the roasted spice blend
- Finished with fresh thyme instead of a plain garnish
- Simmer the allspice-infused marinade in a little longer for depth

340	27.0g	17.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Goan Chicken Vindaloo

- Oil reduced from about 2 tablespoons total to 1 teaspoon
- Chicken swapped for skinless chicken pieces
- Extra tomato puree used to keep the gravy rich without added fat
- Saute the aromatics in a nonstick pan with minimal oil

240	27.0g	7.0g
KCAL	PROTEIN	FAT

60 AI RECIPE TRANSFORMATION

Goan Style Banana Halwa Recipe (Kelyacho Halwo)

Goan • Sticky-Sweet • Quick Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	2.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3 Ripe Bananas - Nendra variety
- 3 tablespoons Ghee
- 1 teaspoon Cardamom Powder (Elaichi)
- 4 Cloves (Laung)
- 9-10 teaspoon Sugar

METHOD

1. Peel and slice the bananas into thin rounds.
2. Heat ghee in a heavy-bottomed pan; add bananas and stir-fry a few seconds until aromatic.
3. Add 2-3 tablespoons water, sugar and cloves; cook on low heat until the liquid thickens.
4. The mixture is ready when it falls in thick drops rather than a stream.
5. Stir in cardamom powder and turn off the heat.
6. Cool and serve; it thickens further as it cools.

35 min · Goan Recipes · 4 servings · archanaskitchen.com/goan-style-banana-halwa-recipe-kelyacho-halwo

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Goan Banana Halwa

- A spoon of milk powder stirred in for extra protein
- Chopped almonds added for crunch and protein
- Banana and sugar quantities kept exactly as original
- Stir the milk powder in while the halwa is still warm so it dissolves smoothly

260	6.0g	12.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Cardamom Rosewater Banana Halwa

- A few drops of rosewater added along with the cardamom
- Finished with chopped pistachios instead of a plain finish
- A pinch of saffron added for color and aroma
- Add the rosewater off the heat to keep its fragrance fresh

210	2.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Goan Banana Halwa

- Ghee reduced from 3 tablespoons to 1-1/2 tablespoons
- Sugar reduced from 9-10 teaspoons to 5-6 teaspoons
- Banana quantity kept the same for natural sweetness
- Cook the halwa a little longer to build flavor with less ghee and sugar

150	2.0g	5.0g
KCAL	PROTEIN	FAT

61 AI RECIPE TRANSFORMATION

Gond Ke Ladoo Recipe - Edible Gum Ladoo

North Indian • Nourishing • Winter Sweet

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	4.0 g	20.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 50 grams Dry coconut (kopra)
- 350 grams Ghee
- 400 grams Sugar - powdered
- 150 grams Goond (Edible Gum)
- 50 grams Badam (Almond) - chopped
- 400 grams Whole Wheat Flour
- 50 grams Cashew nuts - chopped

METHOD

1. Melt ghee in a heavy pan on low flame.
2. Fry the goond in batches until it puffs up like popcorn and crisps; scoop out and cool.
3. In the same ghee, roast the wheat flour until aromatic, brown and crumbly; turn off the heat.
4. Transfer the flour to a plate, add powdered sugar and dry fruits, and mix well; let cool.
5. Crush the cooled goond into a coarse powder with a rolling pin.
6. Mix the crushed goond into the flour and dry fruit mixture.
7. Shape small portions into round ladoos.
8. Rest for a few hours to set, then store in an airtight container for up to a month.

75 min · North Indian Recipes · 4 servings · archanas kitchen.com/goond-ke-ladoo-recipe-edible-gum-ladoo

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Gond Ke Ladoo

- Almond and cashew quantity increased for extra protein
- A portion of the wheat flour replaced with roasted moong dal flour
- Goond quantity kept exactly as original
- Roast the moong dal flour alongside the wheat flour until fragrant

350	7.0g	21.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Date & Nut Energy Balls

- Powdered sugar reduced and part replaced with chopped dates for natural sweetness
- Pistachios added alongside the almonds and cashews
- A pinch of cardamom added to the flour mixture
- Mash the dates in while the flour mixture is still warm so they bind evenly

300	5.0g	16.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Gond Ke Ladoo

- Ghee reduced from 350g to about half, just enough to roast the flour and fry the goond
- Sugar reduced from 400g to 250g
- Dry fruit quantity kept the same for nutrition and texture
- Fry the goond in smaller batches with less ghee, draining well before mixing in

220	4.0g	11.0g
KCAL	PROTEIN	FAT

62 AI RECIPE TRANSFORMATION

Gongura Chicken Curry Recipe - Andhra Style Gongura Chicken

Andhra • Tangy • Robust

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

415 kcal	26.0 g	14.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Turmeric powder (Haldi)
- 1 tablespoon Coriander (Dhania) Seeds
- 4 Dry Red Chillies
- 1 teaspoon Sesame (Gingelly) Oil
- 4 cloves Garlic
- 1 teaspoon Garam masala powder
- Salt - to taste
- 2 tablespoon Sesame (Gingelly) Oil
- 4 Green Chillies - slit
- 500 grams Chicken
- 6 cloves Garlic - finely chopped
- 1 teaspoon Fennel seeds (Saunf)
- 2 Onion - chopped
- 2 cups Sorrel Leaves (Gongura) - picked and chopped
- 1/4 teaspoon Methi Seeds (Fenugreek Seeds)
- 1 inch Ginger - finely chopped
- 1 Tomato - chopped

METHOD

1. Dry roast methi seeds, coriander seeds, fennel seeds and red chillies; cool and blend into a smooth powder.
2. Heat oil in a pressure cooker; saute onions, ginger, garlic and green chillies until lightly browned and tender.
3. Add tomatoes and saute until soft and mushy.
4. Add chicken, garam masala and turmeric powder.
5. Add 1/4 cup water and pressure cook for 3 to 4 whistles; release pressure naturally.
6. Wash and chop the gongura leaves, removing any stems.
7. In another pan, saute garlic and gongura leaves with salt and the ground masala until it becomes a mushy paste.
8. Add the cooked chicken curry to the gongura masala, saute on high heat for 2 minutes and serve hot.

45 min · Andhra · 4 servings · archanaskitchen.com/gongura-chicken-curry-recipe-andhra-style-gongura-chicken

THREE SMART VARIATIONS

VEGETARIAN

Gongura Paneer Curry

- 500 g chicken replaced with 400 g cubed paneer
- Gongura leaves kept exactly as in the original
- Pressure-cook step dropped since paneer needs no tenderizing
- Lightly sear paneer, then fold into the gongura masala directly

390	20.0g	24.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai Coconut Gongura Chicken

- Coconut milk added to mellow the gongura's tang
- Lemongrass and galangal join the ginger-garlic base
- Finished with Thai basil and a squeeze of lime
- Simmer chicken in coconut milk after pressure cooking, then fold in gongura

480	27.0g	22.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Grilled Light Gongura Chicken

- Sesame oil cut from 3 teaspoons total to 1 teaspoon
- Chicken swapped to skinless breast, grilled instead of cooker-cooked
- Gongura masala loosened with a splash of water instead of extra oil
- Grill marinated chicken, then toss through the gongura masala

290	28.0g	7.0g
KCAL	PROTEIN	FAT

63 AI RECIPE TRANSFORMATION

Gourd Raita Recipe - Grated Bottle Gourd Yogurt Salad

Indian • Cooling • Side Dish

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

90 kcal	4.0 g	3.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 green chilli - finely chopped
- 1 cucumber - peeled and grated
- 1/2 teaspoon cumin powder
- 1 cup bottle gourd - peeled and grated
- Salt - as per taste
- 2 cups curd
- 1 sprig coriander leaves - a little

METHOD

1. Prepare all the ingredients first.
2. Add grated bottle gourd, cucumber, curd, green chillies, salt, cumin powder and coriander to a large bowl.
3. Mix well until evenly combined.
4. Serve gourd raita with garlic dal, gourd greens sabzi and phulka.

30 min · Indian · 4 servings · archanaskitchen.com/grated-bottle-gourd-yogurt-salad-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Gourd Raita

- Curd swapped for thick Greek yogurt for extra protein
- Roasted chana or boiled moong stirred in for texture
- Bottle gourd and cucumber kept exactly as original
- Whisk Greek yogurt smooth before folding in the vegetables

130	10.0g	4.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Tzatziki-Style Raita

- Cumin powder swapped for fresh dill and a hint of garlic
- A drizzle of olive oil and lemon juice added
- Mint stirred in alongside the coriander
- Rest the mixture 10 minutes for the flavors to meld before serving

100	4.0g	5.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Gourd Raita

- Curd swapped for low-fat curd
- Bottle gourd and cucumber quantities increased to add volume
- Salt kept the same, herbs increased for flavor without extra calories
- Drain grated vegetables briefly to keep the raita from turning watery

55	4.0g	1.0g
KCAL	PROTEIN	FAT

64 AI RECIPE TRANSFORMATION

Greek Style Spinach Spanakopita Recipe

Greek • Flaky-Savory • Party Appetizer

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

340 kcal	12.0 g	20.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 cup Butter
- 1 cup All Purpose Flour (Maida)
- 1 cup Paneer - grated
- 3 cloves Garlic - grated
- 1 cup Spinach Leaves (Palak) - washed
- Salt - to taste
- 2 Onions - sliced
- 1 teaspoon Dried oregano
- 1 teaspoon Fresh Thyme leaves

METHOD

1. Knead the phyllo pastry dough with flour and water into a soft dough.
2. Heat oil; saute garlic and onions until golden brown.
3. Preheat the oven to 180°C for 10 minutes.
4. Add spinach and crumbled paneer to the onions; saute until cooked, seasoning with salt, thyme and oregano.
5. Roll out the phyllo dough very thin, fit into a pie mold, trim the edges, prick with a fork, and bake 5 minutes.
6. Roll the remaining dough into a book fold three times, then roll very thin for the top layer.
7. Add the spinach-paneer filling into the baked pie shell.
8. Top with the remaining rolled dough and seal the edges.
9. Bake about 45 minutes until golden brown, glazing with honey in the last 5 minutes if desired.

70 min · Greek · 4 servings · archanaskitchen.com/greek-style-spinach-spanakopita-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Spanakopita

- Paneer quantity increased from 1 cup to 1-1/2 cups
- Spinach quantity increased for extra fiber and iron
- Phyllo pastry and herb seasoning kept exactly as original
- Fold the extra paneer into the filling before assembling the pie

380	16.0g	22.0g
KCAL	PROTEIN	FAT

INDIAN FUSION

Indian-Style Palak Paneer Samosa Pie

- Oregano and thyme swapped for garam masala and coriander leaves
- A pinch of amchur added to the filling for tang
- Finished with a sprinkle of chaat masala before serving
- Bake the same way; the Indian spice filling bakes just as well in the phyllo shell

350	13.0g	21.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Spinach Spanakopita

- Butter reduced from 1/2 cup to 1/4 cup
- Low-fat paneer used in place of regular paneer
- Phyllo layers brushed with a light spray of oil instead of butter
- Bake a similar time, watching for a lighter golden crust

250	13.0g	11.0g
KCAL	PROTEIN	FAT

65 AI RECIPE TRANSFORMATION

Green Chana Chutney Recipe (Green Chickpea Chutney)

Rajasthani • Fresh-Tangy • Condiment

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

130 kcal	6.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Water - as needed
- Salt - to taste
- 1/2 tablespoon Cumin seeds (Jeera)
- 1 cup Fresh green chickpeas - or frozen
- 2 tablespoons Curd (Dahi)
- 3 Green Chillies
- Sunflower Oil - as needed
- 6 cloves Garlic

METHOD

1. Blend green chana, green chillies, garlic, water and salt into a smooth paste.
2. Heat oil; add cumin seeds and let them crackle.
3. Add curd and keep stirring.
4. Add the green chana paste and cook 2 more minutes.
5. Serve with panchmel dal, boondi raita and phulka.

15 min · Rajasthani · 4 servings · archanaskitchen.com/green-chana-chutney-green-chickpea-chutney-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Green Chana Chutney

- Green chana quantity increased for a heartier protein base
- Curd swapped for thick Greek yogurt for extra protein
- Garlic and cumin quantities kept exactly as original
- Whisk the Greek yogurt smooth before combining with the chana paste

160	9.0g	6.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Green Chickpea Salsa

- Curd reduced, balanced with fresh lime juice
- Fresh coriander stirred in raw for a chunkier salsa texture
- A pinch of cumin added for depth
- Blend coarsely instead of a full smooth paste for a chunkier salsa

120	6.0g	4.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Green Chana Chutney

- Curd swapped for low-fat curd
- Oil for tempering reduced to a light 1/2 teaspoon
- Chana quantity kept the same for the same protein
- Temper the cumin seeds in a nonstick pan with minimal oil

90	6.0g	2.0g
KCAL	PROTEIN	FAT

66 AI RECIPE TRANSFORMATION

Green Pea Pakoras Recipe (Hari Matar Ke Pakode)

Indian • Crispy • Evening Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

240 kcal	8.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Salt - to taste
- 1 teaspoon Cumin seeds (Jeera)
- 5 cloves Garlic
- 1-1/2 cups Gram flour (besan)
- 2 Onion - sliced
- 1/2 cup Coriander (Dhania) Leaves
- 2-1/2 cups Green peas (Matar) - lightly blanched
- 4 Green Chillies - finely chopped
- 1/4 teaspoon Asafoetida (hing)
- Sunflower Oil - for frying

METHOD

1. Coarsely blend coriander leaves, peas, green chillies, garlic and cumin seeds in a mixer.
2. Transfer to a bowl; add salt, onions and besan, mixing well.
3. Add a little water if needed to form a thick batter.
4. Adjust salt and spice to taste.
5. Heat oil for deep frying.
6. Spoon the batter into the hot oil and fry until golden brown and crisp on all sides, without overcrowding.
7. Drain on paper towels.
8. Serve with ginger cardamom chai or pudina dahi chutney.

40 min · Indian · 4 servings · archanaskitchen.com/hari-matar-ke-pakode-recipe-green-pea-fritters

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Green Pea Pakoras

- Besan quantity increased for extra protein
- A handful of boiled moong dal folded into the batter
- Green pea quantity kept exactly as original
- Rest the enriched batter a few minutes after adding the extra dal

280	11.0g	11.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Green Pea Pancake

- Batter thinned and cooked as a wide pancake instead of individual fritters
- A dash of soy sauce and sesame oil worked into the batter
- Served with a soy-vinegar dipping sauce instead of chutney
- Cook in a wide, thin layer, jeon-style, in a lightly oiled pan

230	9.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Green Pea Pakoras

- Pakoras baked instead of deep-fried
- Batter applied as smaller portions for lighter bites
- Pea quantity kept the same for the same protein and fiber
- Bake at 200°C, turning once, until golden and crisp

160	8.0g	3.0g
KCAL	PROTEIN	FAT

67 AI RECIPE TRANSFORMATION

Grilled Paneer Pineapple Sandwich Recipe

Continental • Sweet-Savory • After-School Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

320 kcal	12.0 g	14.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Butter - as needed
- 1/4 teaspoon Red Chilli flakes
- 2 tablespoons Four Pepper Cheese Spread
- Salt - to taste
- 50 grams Paneer - finely chopped
- 4 Whole Wheat Brown Bread slices
- Cheese - to spread over the bread
- 1/2 Green Bell Pepper (Capsicum) - finely chopped
- 4 Pineapple slices

METHOD

1. Cook fresh pineapple with a little sugar, water and a pinch of salt for a few whistles; cool and chop (or use canned pineapple).
2. Combine the cheese spread, chilli flakes, chopped pineapple, paneer, bell pepper and salt in a bowl.
3. Spread the filling generously on one bread slice, and the pepper cheese spread on the other.
4. Close the sandwich and spread butter on top.
5. Grill butter-side down in a preheated sandwich maker or cast iron grill.
6. Butter the top slice and grill until light brown and crisp on both sides.
7. Serve as an after-school snack.

25 min · Continental · 4 servings · archanaskitchen.com/grilled-paneer-pineapple-sandwich-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Paneer Pineapple Sandwich

- Paneer quantity increased from 50g to 100g
- Cheese spread quantity kept exactly as original
- Pineapple quantity kept exactly as original
- Mix the extra paneer into the filling while it's freshly chopped

360	16.0g	16.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Paneer Pineapple Quesadilla

- Cheese spread swapped for a smoky chipotle cheese blend
- Filling finished with fresh coriander instead of chilli flakes
- Cooked folded, quesadilla-style, instead of a full sandwich
- Press the folded quesadilla in the pan until the cheese melts through

340	13.0g	15.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Grilled Paneer Pineapple Sandwich

- Butter for grilling reduced to a light brush
- Cheese spread portion reduced by half
- Low-fat paneer used in place of regular paneer
- Toast the sandwich dry on a nonstick pan instead of with butter

230	10.0g	6.0g
KCAL	PROTEIN	FAT

68 AI RECIPE TRANSFORMATION

Guilt Free Coconut Barfi Recipe

North Indian • Naturally Sweet • Festive Treat

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	5.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 15 Dates - seedless
- 3/4 cup Desiccated Coconut - plus extra for garnish
- 1 tablespoon Ghee - plus extra for greasing
- 1/2 cup Badam (Almond) - powdered
- 1 teaspoon Cardamom Powder (Elaichi)
- 3 tablespoons Milk

METHOD

1. Grease a plate for the barfi.
2. Make almond powder if not using store-bought.
3. Blend dates with milk into a thick puree.
4. Heat ghee; add the date puree and saute about 5 minutes.
5. Add almond powder and mix into a dry dough.
6. Add coconut and mix 2 more minutes; turn off the heat.
7. Stir in cardamom powder.
8. Pour onto the greased plate, press and spread evenly.
9. Sprinkle extra desiccated coconut on top and press.
10. Cut into squares or diamonds once cooled and serve.

40 min · North Indian Recipes · 4 servings · archanas kitchen.com/guilt-free-coconut-barfi-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Coconut Barfi

- Almond powder quantity increased for extra protein
- A scoop of vanilla protein powder mixed in with the dough
- Date quantity kept exactly as original
- Mix the protein powder in while the dough is still warm and pliable

250	8.0g	13.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Date Coconut Barfi

- A few drops of rosewater added along with the cardamom
- Finished with chopped pistachios instead of just coconut
- A pinch of saffron added for color and aroma
- Add the rosewater off the heat to keep its fragrance fresh

210	5.0g	11.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Coconut Barfi

- Ghee reduced from 1 tablespoon to a light greasing amount only
- Coconut quantity reduced by a third
- Date quantity kept the same for the natural sweetness
- Cook the date puree a little longer to bind without extra ghee

170	4.0g	8.0g
KCAL	PROTEIN	FAT

69 AI RECIPE TRANSFORMATION

Gur Paare Recipe (A Traditional Punjabi Wedding Sweet)

Punjabi • Crisp-Jaggery Coated • Festive Sweet

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	3.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 500 grams All Purpose Flour (Maida)
- 1/4 cup Ghee
- 250 grams Jaggery
- Sunflower Oil - for deep frying
- 1 teaspoon Fennel seeds (Saunf)

METHOD

1. Combine maida and melted ghee into a coarse, crumb-like texture.
2. Add water a little at a time and knead into a firm dough.
3. Divide into 4 portions; roll each into a half-inch thick circle.
4. Cut into vertical strips, then into 2-3 inch pieces.
5. Heat oil for deep frying on medium heat; fry the strips until slightly brown and crisp.
6. Drain on a kitchen towel and cool slightly.
7. Melt jaggery in a heavy pan on low flame, stirring continuously, until it reaches thread consistency in cold water.
8. Add fennel seeds and stir; turn off the heat and immediately add the fried strips.
9. Mix quickly to coat evenly.
10. Cool completely, separate the strips carefully, and store in an airtight container.

45 min · Punjabi · 4 servings · archanaskitchen.com/gur-paare-recipe-a-traditional-punjabi-wedding-sweet

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Gur Paare

- A portion of the maida replaced with besan for extra protein
- A spoon of roasted moong dal flour worked into the dough
- Jaggery quantity kept exactly as original
- Knead the besan in evenly so the dough stays smooth for rolling

300	6.0g	13.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Date Syrup Paare

- Jaggery syrup swapped for a date syrup coating
- A pinch of ground cardamom added to the syrup
- Finished with a scattering of chopped pistachios
- Coat the fried strips in the warm date syrup the same quick way

270	3.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Gur Paare

- Strips baked instead of deep-fried
- Ghee in the dough reduced from 1/4 cup to 2 tablespoons
- Jaggery syrup applied as a lighter drizzle instead of a full coating
- Bake at 180°C until golden and crisp, then dip in warm jaggery syrup

190	3.0g	5.0g
KCAL	PROTEIN	FAT

70 AI RECIPE TRANSFORMATION

Hariyali Egg Curry Recipe In Coriander and Mint Gravy

Indian • Herby • Weeknight Dinner

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

230 kcal	14.0 g	15.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 cups Coriander (Dhania) Leaves - tightly packed
- 4 cloves Garlic
- 1 inch Ginger - chopped
- 1 teaspoon Garam masala powder
- 1 Cinnamon Stick (Dalchini) - small
- 2 Green Chillies - chopped
- 1 Onion - roughly chopped
- 1 tablespoon Sunflower Oil
- 2 Cloves (Laung)
- 1 Bay leaf (tej patta)
- 4 Whole Eggs - boiled
- 2 tablespoons Fresh cream
- 1 cup Mint Leaves (Pudina) - chopped
- 2 teaspoons Coriander Powder (Dhania)

METHOD

1. Blend coriander leaves, mint leaves, green chillies and 1/2 cup water to a smooth paste; keep aside.
2. Grind the onion, ginger and garlic to a paste.
3. Heat oil in a kadai; add bay leaf, cloves and cinnamon stick, roast a few seconds.
4. Add the onion-ginger-garlic paste and saute 4 to 5 minutes until the raw smell goes.
5. Add garam masala and coriander powder; saute a few seconds.
6. Add the hariyali coriander-mint mixture, fresh cream and boiled eggs; add water to adjust consistency.
7. Cover and simmer for 5 minutes.
8. Check salt and spices, adjust to taste and transfer to a serving bowl.
9. Serve with Malabar parotta or whole wheat lachha paratha.

35 min · Indian · 4 servings · archanaskitchen.com/hariyali-egg-curry-recipe-in-coriander-and-mint-gravy

THREE SMART VARIATIONS

VEGETARIAN

Hariyali Paneer Curry

- 4 boiled eggs replaced with 250 g paneer cubes
- Coriander-mint gravy kept exactly as in the original
- Paneer lightly pan-seared before adding, for a firmer bite
- Sear paneer separately, then simmer briefly in the hariyali gravy

260	12.0g	18.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai Green Hariyali Curry

- Fresh cream swapped for coconut milk
- Thai green chillies and a touch of galangal added to the paste
- Finished with Thai basil in place of extra mint
- Simmer the eggs in coconut milk instead of cream for a few extra minutes

260	13.0g	18.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Hariyali Egg Curry

- Fresh cream replaced with a splash of low-fat yogurt
- Oil reduced from 1 tablespoon to 1 teaspoon
- Extra coriander-mint paste used to keep the gravy rich without cream
- Whisk yogurt in off the heat to prevent curdling

160	14.0g	7.0g
KCAL	PROTEIN	FAT

71 AI RECIPE TRANSFORMATION

Healthy Fruit & Nut Watermelon Dessert With Greek Yogurt

Continental • Refreshing • Light Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	8.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Watermelon - cut into wedges
- 1/4 cup Black grapes - deseeded and halved
- 3 tablespoons Sugar - powdered
- 1 teaspoon Vanilla Extract
- 4 Badam (Almond) - slivered
- 1 cup Hung Curd (Greek Yogurt)
- Mint Leaves (Pudina) - to garnish
- 1 tablespoon Fresh cream
- 1/4 cup Walnuts - halved

METHOD

1. Cut the watermelon into slices, remove the skin, then cut into bite-sized triangles.
2. Whisk Greek yogurt with cream, sugar and vanilla extract until smooth.
3. Arrange the watermelon wedges on a serving platter.
4. Spoon the vanilla yogurt topping onto each wedge.
5. Top with walnuts, almonds and grapes.
6. Garnish with mint leaves and serve.

15 min · Continental · 4 servings · archanaskitchen.com/healthy-fruit-nut-watermelon-dessert-recipe-with-greek-yogurt

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Watermelon Dessert

- Hung curd quantity increased for extra protein
- Almond and walnut quantities increased for added protein
- Watermelon and grape quantities kept exactly as original
- Whisk the extra hung curd smooth before spooning onto the watermelon

260	11.0g	14.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Watermelon Rosewater Yogurt Dessert

- A few drops of rosewater added to the yogurt topping
- Pistachios used alongside the almonds and walnuts
- Finished with a scattering of dried rose petals
- Add the rosewater off the heat to keep its fragrance fresh

210	8.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Watermelon Fruit & Nut Dessert

- Sugar reduced from 3 tablespoons to 1 tablespoon
- Fresh cream omitted, relying on the yogurt for creaminess
- Nut quantity reduced slightly for a lighter topping
- Whisk the yogurt topping with a touch of honey instead of sugar and cream

150	7.0g	6.0g
KCAL	PROTEIN	FAT

72 AI RECIPE TRANSFORMATION

Herbal Brown Rice Recipe

Continental • Aromatic • One-Pot

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	5.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1-1/2 cup brown rice
- 3 teaspoons rosemary
- Water - as needed
- 4 teaspoons red chilli flakes
- 3 teaspoons oregano
- Salt - as per taste
- Oil - as needed
- 2 onions - finely chopped
- 4 cloves garlic - finely chopped

METHOD

1. Soak the brown rice in 2-1/2 cups water for 30 minutes.
2. Heat oil in a pressure cooker; add garlic and cook 30 seconds.
3. Add onions and cook until golden brown.
4. Add the soaked brown rice, water, red chilli flakes, oregano, rosemary and salt; mix well.
5. Pressure cook until 3 whistles, then simmer on low for 5 minutes and turn off the heat.
6. Let the pressure release naturally.
7. Open the cooker, fluff the rice and serve with chicken curry, sweet potato or a salad of choice.

30 min · Continental · 4 servings · archanaskitchen.com/herbed-brown-rice-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Herbal Brown Rice

- A cup of cooked chickpeas stirred in with the rice
- Toasted almonds sprinkled over the finished rice
- Herb quantities kept exactly as original
- Add chickpeas at the same stage as the water so they heat through with the rice

300	12.0g	8.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Lemon Herb Brown Rice

- A squeeze of lemon and lemon zest stirred in at the end
- Chopped sun-dried tomatoes and olives folded through
- Finished with crumbled feta
- Stir the lemon zest in just before serving to keep it fresh

260	7.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Herbal Brown Rice

- Oil reduced to a light 1 teaspoon for sauteing
- Onion quantity halved, extra herbs used for flavor instead
- Rice quantity kept the same for the same fiber and fullness
- Saute the onion and garlic in a nonstick pot with minimal oil

180	5.0g	2.0g
KCAL	PROTEIN	FAT

73 AI RECIPE TRANSFORMATION

Herbed Butter Garlic Quinoa Recipe

Continental • Aromatic • One-Pot Side

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	9.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1-1/2 tablespoon Mixed Herbs (Dried)
- 1-1/2 cups Quinoa
- Salt - to taste
- 1 teaspoon Lemon juice
- 1 teaspoon Red Chilli flakes
- 1 Onion - finely chopped
- 6 cloves Garlic - finely chopped
- 1 tablespoon Butter
- 1 teaspoon Extra Virgin Olive Oil

METHOD

1. Wash the quinoa and drain.
2. Heat olive oil and butter in a pressure cooker; add garlic and cook until golden.
3. Add onions and cook until translucent.
4. Reduce heat, add salt, mixed herbs and chilli flakes; mix well.
5. Add the drained quinoa and 3 cups water; close the cooker.
6. Pressure cook for 2 whistles; let pressure release naturally.
7. Transfer to a serving platter, sprinkle more herbs and lemon juice, and top with a dollop of butter.

30 min · Continental · 4 servings · archanaskitchen.com/herbed-butter-garlic-quinoa-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Herbed Quinoa

- A cup of boiled chickpeas stirred in with the quinoa
- Quinoa quantity kept exactly as original
- Butter and herb quantities kept exactly as original
- Add the chickpeas at the same stage as the quinoa so they cook together

340	14.0g	9.0g
KCAL	PROTEIN	FAT

INDIAN FUSION

Indian-Style Tadka Quinoa

- Mixed herbs swapped for a mustard seed and curry leaf tempering
- A pinch of turmeric and cumin added
- Finished with fresh coriander instead of a plain garnish
- Temper the mustard seeds and curry leaves in the butter before adding the quinoa

270	9.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Herbed Butter Garlic Quinoa

- Butter reduced from 1 tablespoon to a light amount
- Extra herbs used for flavor without added fat
- Quinoa quantity kept the same for the same protein and fiber
- Saute the aromatics in a nonstick pot with minimal oil

220	9.0g	3.0g
KCAL	PROTEIN	FAT

74 AI RECIPE TRANSFORMATION

High Protein Spinach Basil & Cheese Omelette Recipe

French • Savory • Breakfast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	14.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3-4 Garlic - sliced
- Sunflower Oil - for cooking
- 2 tablespoons Cheese - grated
- 1 Tomato - sliced
- 2 tablespoon Milk
- Salt and Pepper - to taste
- 2 cloves Garlic - finely chopped
- 2 Whole Eggs - whites only
- 20 grams Spinach - sliced
- 1/4 cup Sweet corn
- 1 sprig Basil leaves - ground into a paste
- 2 Green Chilli - finely chopped

METHOD

1. Whisk egg whites with salt, pepper and milk; set aside.
2. Heat oil; saute garlic, green chilli, spinach and sweet corn for 3 minutes until the spinach softens and moisture evaporates.
3. Pour the whisked egg whites into a shallow pan seasoned with salt and pepper.
4. Poke a few holes in the omelette as it sets.
5. Add the spinach filling to one side, cover and cook 5 minutes until fully set.
6. Fold the omelette and serve warm with toasted bread.

40 min · French · 4 servings · archanaskitchen.com/high-protein-spinach-basil-cheese-omelette-recipe

THREE SMART VARIATIONS

VEGETARIAN

Egg-Free High-Protein Besan Omelette

- Egg whites replaced with a besan batter enriched with a spoon of hung curd for a similar protein boost
- Spinach, corn and basil filling kept exactly as original
- Cheese quantity kept exactly as original
- Whisk the besan-curd batter smooth before cooking like the omelette

200	12.0g	8.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Spinach Basil Cheese Quesadilla

- Basil paste swapped partly for fresh coriander
- Cheese quantity increased for a melty quesadilla-style filling
- Folded into a tortilla instead of a plain omelette fold
- Press the folded quesadilla in the pan until the cheese melts through

220	13.0g	11.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Spinach Basil Cheese Omelette

- Cheese quantity reduced by half
- Oil for cooking reduced to a light spray
- Extra spinach and corn added for more volume with fewer calories
- Cook in a nonstick pan with minimal oil

130	13.0g	5.0g
KCAL	PROTEIN	FAT

75 AI RECIPE TRANSFORMATION

Homemade Baked Beans Recipe (Wholesome & Healthy)

Fusion • Slow-Simmered • Wholesome

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	15.8 g	2.6 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 250 grams Dry beans - (such as cannellini or soya beans)
- 1 teaspoon Cumin powder (Jeera)
- 1/4 teaspoon Red Chilli powder - or cayenne pepper
- 1 Onion - finely chopped
- 1 clove Garlic - grated
- 1 teaspoon Extra Virgin Olive Oil
- 1 tablespoon Honey - or more to taste
- 500 grams Tomatoes - pureed
- Salt and Pepper - (coarsely pounded pepper) to taste
- 1 teaspoon Dried oregano

METHOD

1. To begin making the homemade baked beans recipe, we first have to soak the beans overnight for about 8 hours in water.We also have to make the cooked tomato puree.
2. Click here to see the recipe of how to make tomato puree at home.Once the beans are soaked well, our next step is to cook them.
3. I like using the pressure cooker method to cook the beans.
4. Place the beans in the pressure, place the weight on, cover the pan and cook it along with 2-1/2 cups of water.
5. After you heat 4 to 5 whistles, turn the heat to low and cook for another 15 minutes.Turn off the heat and allow the pressure cooker to release its pressure naturally.
6. This would take another 10 minutes.
7. The beans continue to cook under the pressure even when it is turned off.Once the pressure is released, open the cooker and drain out the excess liquids.
8. You store this liquid and use it in the vegetable stock or risotto.Once the beans are cooked, our next step is to spice it up to make the baked beans.Heat oil in a sauce pan on medium heat; add in the onions and garlic and give it a light sauté until the onions are tender.
9. Add the tomatoes, honey and the spices and give it a stir.Add in the cooked drained beans into the tomato gravy.
10. Stir fry the beans until the beans get well coated with the tomatoes.
11. Cover the pan, turn the heat to low and simmer the beans for about 30 minutes until you noticed the beans are well coated with the spices and tomatoes.
12. Check the salt and seasoning levels and adjust to suit your taste.You can optionally garnish the Homemade Baked Beans with coriander leaves and serve it along with toast, or Potato Cakes Recipe.

120 min · Fusion · 4 servings · archanaskitchen.com/homemade-baked-beans-recipe-wholesome-healthy

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Baked Beans

- 50g extra dry beans added to the soak
- 1/4 cup boiled soy chunks stirred in with the tomato gravy
- Onion and garlic quantities kept identical to original
- Honey reduced slightly to balance the extra ingredients
- Pressure-cook the added beans together with the original batch

320	24.0g	3.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Spiced Baked Beans

- Cumin powder increased, smoked paprika added
- Pickled jalapeño stirred in for heat
- Fresh lime juice replaces a portion of the honey's sweetness
- Fresh coriander and diced red onion used as garnish
- A pinch of dried Mexican oregano added

290	16.0g	3.5g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baked Beans

- Olive oil cut from 1 tsp to a light spray
- Honey reduced by half, sweetness balanced with extra tomato
- 1/2 cup diced bell pepper added to bulk up the dish
- Sauté onion and garlic in a non-stick pan with minimal oil
- Simmer uncovered longer instead of adding extra fat for richness

230	15.0g	1.5g
KCAL	PROTEIN	FAT

76 AI RECIPE TRANSFORMATION

Homemade Healthy Subway Sandwich Recipe With Beet & Sprout

Fusion • Fresh • Sandwich

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	12.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 Tomatoes - thinly sliced
- 1 Beetroot - grated
- 1/2 cup Hung Curd (Greek Yogurt)
- 2 Submarine Bread (Subway Bread) - flat breads or foot longs
- 2 cloves Garlic - grated
- Tabasco Original Hot Sauce - to taste
- Salt and Pepper - to taste
- 2 Stalks Spring Onion (Bulb & Greens) - finely chopped
- 1/2 cup Green Moong Sprouts
- 2 tablespoon Coriander (Dhania) Leaves - finely chopped

METHOD

1. Heat a teaspoon of oil in a wok; add grated beetroot and garlic, sprinkle salt and stir-fry until the beets soften.
2. Turn off the heat and let the beetroot cool completely.
3. In a large bowl, combine the cooled beetroot with hung curd, coriander leaves, spring onions, salt and pepper; mix well.
4. Toast the subway bread with butter or olive oil in a skillet until warmed and crisp; cut in half.
5. Spread the beetroot mixture on one half of the bread.
6. Scatter sliced tomatoes and green moong sprouts on top, and drizzle with Tabasco.
7. Press the other half of the bread down to close the sandwich and serve.

30 min · Fusion · 4 servings · archanaskitchen.com/homemade-healthy-subway-sandwich-recipe-with-beet-sprout

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Beet & Sprout Sandwich

- Hung curd quantity increased for a thicker, protein-rich spread
- A layer of roasted chickpeas added for crunch and protein
- Beetroot and sprouts kept exactly as original
- Roast chickpeas separately until crisp before layering

340	18.0g	9.0g
KCAL	PROTEIN	FAT

JAPANESE FUSION

Japanese-Style Beet & Sprout Onigirazu

- Bread swapped for a nori-wrapped rice sheet, sandwich-style
- Tabasco replaced with a light soy-sesame drizzle
- Pickled ginger added alongside the sprouts
- Assemble onigirazu-style: rice, nori, then the beet-yogurt filling

300	10.0g	7.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Beet & Sprout Sandwich

- Butter for toasting swapped for a dry toast or light oil spray
- Hung curd quantity reduced slightly, extra spring onion added
- Whole grain bread used in place of regular submarine bread
- Toast the bread dry on a nonstick pan instead of with butter

210	12.0g	3.0g
KCAL	PROTEIN	FAT

77 AI RECIPE TRANSFORMATION

Homemade Tater Tots Recipe

Continental • Crispy • Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

260 kcal	4.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 10 Potatoes (Aloo)
- 1 teaspoon Garlic powder
- Salt - to taste
- Sunflower Oil - for deep frying
- 1 tablespoon Coriander (Dhania) Leaves - finely chopped
- 1 teaspoon Red Chilli flakes
- 2 tablespoon All Purpose Flour (Maida)
- 1 teaspoon Onion powder
- 1 tablespoon Rice flour
- 1 teaspoon Dried oregano

METHOD

1. Scrub and wash the potatoes thoroughly; peel them.
2. Boil the potatoes briskly for 5 to 7 minutes until slightly cooked but still firm.
3. Cool the potatoes under water and pat dry.
4. Grate the potatoes into a large mixing bowl.
5. Add garlic powder, onion powder, oregano, chilli flakes, coriander leaves, salt, all-purpose flour and rice flour; mix into a dough-like consistency.
6. Grease your palms with oil and shape the mixture into bite-size ovals.
7. Heat oil in a pan for deep frying over medium heat.
8. Fry the tater tots until golden brown on all sides.
9. Drain on paper towels to remove excess oil.
10. Serve with tomato ketchup or a Sichuan-style chilli sauce.

60 min · Continental · 4 servings · archanaskitchen.com/homemade-tater-tots-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Tater Tots

- All-purpose flour partly replaced with besan (gram flour) for protein
- Grated paneer folded into the potato mixture
- Potato quantity kept exactly as original
- Rest the paneer-potato dough 5 minutes before shaping so it binds well

300	9.0g	13.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean Gochujang Tater Tots

- Garlic and onion powder boosted with fresh minced garlic and scallion
- A gochujang-mayo dip served alongside
- Finished with a sprinkle of toasted sesame seeds
- Air fry instead of deep fry for a lighter Korean-style crunch

240	5.0g	10.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Baked Light Tater Tots

- Deep frying swapped for baking or air frying with a light oil spray
- Rice flour reduced slightly to keep the tots crisp with less starch
- Extra coriander and chilli flakes added for flavor without added fat
- Bake at 200°C for 20 minutes, turning halfway, instead of deep frying

150	4.0g	3.0g
KCAL	PROTEIN	FAT

78 AI RECIPE TRANSFORMATION

Homemade Vada Pav Recipe With Spinach Corn Tikki

Maharashtrian • Street-Style • Snack

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

380 kcal	10.0 g	16.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 cup Whole Wheat Bread crumbs - for dusting
- 8 Pav buns
- 1 teaspoon Butter
- Herb Butter - for toasting the buns
- 1 cup Spinach - chopped
- Salt - to taste
- 4 cloves Garlic - finely chopped
- 2 Green Chillies - finely chopped
- 1 Onion - finely chopped
- 4 Potatoes (Aloo) - boiled and mashed
- 4 tablespoons Mayonnaise (With Egg)
- 1/4 cup Lahsun Ki Chutney (Red Garlic Chutney)
- 1/4 cup Butter
- 1 inch Ginger - finely chopped
- 1 Onion - cut into rings
- 1 teaspoon Chaat Masala Powder
- 1/2 cup Sweet corn - steamed

METHOD

1. Prepare the lahsun chutney ahead of time.
2. Heat butter; saute onions, garlic, ginger and green chillies until soft and light golden.
3. Add spinach and cook until wilted and the moisture evaporates.
4. Add mashed potatoes, sweet corn and chaat masala; saute into a firm tikki mixture.
5. Cool, then shape into round balls.
6. Coat each tikki with breadcrumbs.
7. Pan fry in butter until browned and crisp on all sides, on medium heat.
8. Slice the pav buns, spread herb butter and toast on both sides.
9. Spread lahsun chutney on one half and mayo on the other; place a tikki and onion rings between the buns.

60 min · Maharashtrian Recipes · 4 servings · archanaskitchen.com/homemade-vada-pav-recipe-with-spinach-corn-tikki

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Vada Pav

- Mayo swapped for an eggless mayo blended with a spoon of hung curd for extra protein
- Corn quantity increased slightly for extra protein
- Spinach quantity kept exactly as original
- Whisk the hung curd into the eggless mayo until smooth

400	12.0g	17.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Spinach Corn Tikki Quesadilla Pav

- Chaat masala swapped for cumin and a pinch of chilli powder
- A layer of cheese added to the tikki before pan-frying
- Finished with fresh coriander and a squeeze of lime instead of lahsun chutney
- Press the tikki flatter, quesadilla-style, so the cheese melts through

400	12.0g	17.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Vada Pav

- Tikki baked instead of pan-fried in butter
- Mayo portion reduced, extra lahsun chutney used instead
- Butter for toasting the pav reduced to a light brush
- Bake the breadcrumb-coated tikki at 200°C until golden

260	9.0g	7.0g
KCAL	PROTEIN	FAT

79 AI RECIPE TRANSFORMATION

Hyderabadi Chand Biscuits Recipe

Hyderabadi • Buttery • Tea-Time Cookie

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

200 kcal	3.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 125 grams Butter (unsalted)
- Baking powder - a pinch
- 10 grams Milk Powder
- 200 grams All Purpose Flour (Maida)
- Salt - a pinch
- 1/2 teaspoon Vanilla Extract
- 75 grams Sugar - powdered

METHOD

1. Preheat the oven to 180°C.
2. Combine butter, powdered sugar and cream in a bowl; mix well.
3. Add flour, milk powder, baking powder and vanilla extract.
4. Crumble and mix into a dough.
5. Roll the dough into a thin sheet and cut into crescent (chand) shapes using a round cutter.
6. Transfer to a baking tray and bake 15-20 minutes until golden.
7. Watch closely to avoid over-baking; serve with masala chai.

40 min · Hyderabadi · 4 servings · archanaskitchen.com/hyderabadi-chand-biscuits-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Chand Biscuits

- Milk powder quantity increased for extra protein
- A portion of the maida replaced with almond flour
- Sugar quantity kept exactly as original
- Knead the almond flour in evenly for a tender, slightly nutty dough

220	5.0g	12.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Cardamom Rose Crescent Cookies

- Vanilla swapped for a few drops of rosewater and a pinch of cardamom
- Chopped pistachios pressed onto the cookies before baking
- Finished with a light dusting of powdered sugar
- Press the pistachios gently so they stay in place while baking

210	4.0g	11.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Chand Biscuits

- Butter reduced from 125g to about 80g
- Sugar reduced from 75g to 50g
- A portion of maida replaced with whole wheat flour for more fiber
- Bake a similar time, checking a few minutes early since the dough is leaner

150	3.0g	6.0g
KCAL	PROTEIN	FAT

80 AI RECIPE TRANSFORMATION

Indo Chinese Hot and Sour Spinach Soup Recipe

Fusion • Warming • Weeknight Starter

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

110 kcal	3.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 Green Chillies
- Coriander (Dhania) Leaves - chopped
- 1/4 cup Carrots (Gajjar) - finely chopped
- Salt - to taste
- 1 teaspoon Garlic - finely chopped
- 1 Spinach - small bunch
- 1 teaspoon Vinegar
- 2 tablespoon Coriander (Dhania) Leaves
- 1/4 cup Green Bell Pepper (Capsicum) - finely chopped
- 4 cups Hot water
- 2 tablespoons Corn flour
- 2 tablespoons Sunflower Oil
- Spring Onion Greens - chopped
- 1/4 cup Cabbage - finely chopped
- 1 tablespoon Soy sauce
- 1 teaspoon Ginger - finely chopped

METHOD

1. Blend chopped spinach, coriander leaves and green chillies into a fine paste.
2. Mix cornflour with 1/4 cup water; set aside.
3. Heat oil; saute garlic and ginger a few seconds.
4. Stir in the spinach-coriander paste and fry on medium-high for a minute.
5. Add the chopped vegetables and fry another minute.
6. Add hot water and salt; bring to a boil.
7. Add soy sauce (sparingly, to keep the green hue) and vinegar; adjust seasoning and simmer 2 minutes.
8. Stir in the cornstarch paste, stirring until thickened.
9. Simmer 1 more minute; serve garnished with spring onion and coriander leaves.

30 min · Fusion · 4 servings · archanaskitchen.com/indo-chinese-hot-and-sour-spinach-soup-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Hot and Sour Spinach Soup

- Cubed tofu added to the soup for extra protein
- A cup of boiled moong dal stirred in for body and protein
- Vegetable quantities kept exactly as original
- Add the tofu in the last few minutes so it heats through gently

170	10.0g	7.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Tom Yum Spinach Soup

- A stalk of lemongrass and a kaffir lime leaf simmered in the broth
- Vinegar swapped for fresh lime juice
- Finished with Thai basil instead of coriander leaves
- Simmer the lemongrass in the broth, then remove before serving

100	3.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Hot and Sour Spinach Soup

- Oil reduced from 2 tablespoons to 1 teaspoon
- Cornflour reduced slightly for a thinner, lighter broth
- Extra spinach and vegetables added for more volume
- Saute the aromatics in a nonstick pan with minimal oil

70	3.0g	2.0g
KCAL	PROTEIN	FAT

81 AI RECIPE TRANSFORMATION

Iranian Baida Curry Recipe

Middle Eastern • Rich • Egg Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

290 kcal	12.0 g	20.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 5 cloves Garlic - chopped
- 1 inch Ginger - chopped
- Salt - to taste
- 1 tablespoon Poppy seeds
- 1 Onion - chopped
- 3 Dry Red Chilli
- 1 tablespoon Sesame seeds (Til seeds)
- 8 Badam (Almond)
- 1/4 cup Fresh coconut - grated
- 2 tablespoon Coriander (Dhania) Seeds
- 1 tablespoon Jaggery
- Sunflower Oil - as required
- 4 Whole Eggs
- 1 sprig Coriander (Dhania) Leaves

METHOD

1. Boil the whole eggs for at least 15 minutes until fully cooked; cool and de-shell.
2. Dry roast garlic, ginger, poppy seeds, dry red chillies, sesame seeds, almonds, coconut and coriander seeds; cool and grind into a smooth paste.
3. Heat oil in a kadai; saute onions until golden brown.
4. Add the ground masala paste and saute for 10 minutes.
5. Add 1 cup water and jaggery; bring to a boil.
6. Adjust salt to taste.
7. Halve the de-shelled eggs and drop them into the boiling curry.
8. Boil for 2 more minutes and turn off the heat.
9. Garnish with coriander leaves and serve with garlic naan or steamed rice.

40 min · Middle Eastern · 4 servings · archanaskitchen.com/iranian-baida-curry-recipe

THREE SMART VARIATIONS

VEGETARIAN

Iranian Paneer & Potato Curry

- Boiled eggs replaced with pan-seared paneer cubes and boiled baby potatoes
- Ground masala paste kept exactly as original
- Paneer and potatoes simmered in the curry the same way the eggs would be
- Sear the paneer lightly before adding to the curry so it holds its shape

320	13.0g	21.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai Coconut Egg Curry

- Masala paste loosened with coconut milk instead of just water
- Lemongrass and a Thai red chilli added to the roasted spice mix
- Finished with Thai basil instead of coriander leaves
- Simmer the eggs a little longer in the coconut-milk curry to absorb the flavor

340	13.0g	24.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Baida Curry

- Almond and coconut quantities in the masala paste reduced by half
- Oil for sauteing reduced from about 3 teaspoons total to 1 teaspoon
- Extra onion used to keep the curry base rich without added fat
- Dry-roast the spice paste ingredients a shade longer for depth without extra oil

200	12.0g	10.0g
KCAL	PROTEIN	FAT

82 AI RECIPE TRANSFORMATION

Kaddu Palak Roti Recipe (Pumpkin Spinach Flat Bread)

North Indian • Wholesome • Everyday Bread

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

160 kcal	4.0 g	4.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 cup Kaddu (Pumpkin) - grated, red variety preferred
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 cup Spinach - chopped
- 1/2 teaspoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 1/4 teaspoon Salt
- Water - as required for dough
- 1 cup Whole Wheat Flour
- Sunflower Oil - as required for rotis
- 1/2 teaspoon Cumin seeds (Jeera)

METHOD

1. Wash and finely chop the spinach; peel and grate the pumpkin.
2. In a large bowl, combine flour, pumpkin, spinach, spice powders and salt.
3. Add water little by little and knead into a tight, pliable dough.
4. Dust the surface with flour and divide the dough into small lemon-sized balls.
5. Roll each into thin circular discs, dusting with flour as needed.
6. Heat a tawa on medium flame, season with oil and cook the roti on both sides until golden.
7. Repeat with the remaining dough.
8. Serve warm with raita, curry or a bowl of curd.

35 min · North Indian Recipes · 4 servings · archanas kitchen.com/kaddu-palak-roti-recipe-pumpkin-spinach-flat-bread

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Kaddu Palak Roti

- Part of the wheat flour replaced with besan for extra protein
- A spoon of roasted moong dal flour worked into the dough
- Pumpkin and spinach quantities kept exactly as original
- Knead the besan in gradually so the dough stays smooth

200	8.0g	6.0g
KCAL	PROTEIN	FAT

ITALIAN FUSION

Italian-Style Pumpkin Spinach Flatbread

- Coriander powder and red chilli swapped for oregano and a pinch of chilli flakes
- A little grated parmesan worked into the dough
- Finished with a drizzle of olive oil instead of sunflower oil
- Cook on a hot tawa with a light brush of olive oil

190	6.0g	6.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kaddu Palak Roti

- Oil for cooking reduced to a very light brush
- Extra spinach added for volume and nutrients without extra flour
- Rotis rolled thinner for a lighter bite
- Cook on a hot nonstick tawa with minimal oil

110	4.0g	2.0g
KCAL	PROTEIN	FAT

83 AI RECIPE TRANSFORMATION

Karnataka Special Huli Tovve Recipe

Karnataka • Nutty-Tangy • Everyday Dal

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

240 kcal	10.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Curry leaves - as needed
- Salt - to taste
- 1 inch Cinnamon Stick (Dalchini)
- 1 cup Mixed vegetables - beans, carrot etc
- Asafoetida (hing) - a pinch
- 1 teaspoon Mustard seeds
- 6 Dry Red Chillies
- 1/4 cup Fresh coconut - grated
- 1/4 cup Raw Peanuts (Moongphali)
- 1 tablespoon Sunflower Oil
- 1 tablespoon Jaggery
- 1 tablespoon Chana dal (Bengal Gram Dal)
- 1/2 cup Arhar dal (Split Toor Dal)
- 1 tablespoon White Urad Dal (Split)

METHOD

1. Wash and soak toor dal while prepping the vegetables.
2. Pressure cook toor dal, mixed vegetables and peanuts together for 3-4 whistles.
3. Dry roast urad dal, chana dal, cinnamon and red chilli separately until light gold; add coconut and grind into a smooth paste.
4. Open the cooled cooker, add the ground paste, 2 cups water, salt and jaggery; boil until thickened.
5. Heat oil for tempering; add mustard seeds, then red chilli and curry leaves, let them crisp.
6. Add the tempering to the huli tovve and serve with steamed rice and elai vadam.

40 min · Kerala Recipes · 4 servings · archanaskitchen.com/karnataka-special-huli-tovve-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Huli Tovve

- Toor dal quantity increased for a heartier protein base
- Peanut quantity increased for extra crunch and protein
- Mixed vegetable quantity kept exactly as original
- Cook the extra dal alongside the original batch

280	13.0g	12.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Coconut Peanut Vegetable Curry

- Ground paste loosened with coconut milk for a Thai-curry consistency
- A Thai chilli added alongside the dry red chillies
- Finished with Thai basil instead of curry leaves
- Simmer the vegetables a few extra minutes in the coconut-milk gravy

260	10.0g	13.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Huli Tovve

- Coconut and peanut quantities reduced by a third
- Oil for tempering reduced to a light 1/2 teaspoon
- Dal and vegetable quantities kept the same for the same fiber and protein
- Simmer a little longer to thicken naturally with less coconut and peanut

170	9.0g	5.0g
KCAL	PROTEIN	FAT

84 AI RECIPE TRANSFORMATION

Karnataka Style Gasagase Payasa Recipe (Poppy Seed Payasam)

Karnataka • Rich-Nutty • Festive Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

260 kcal	5.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 tablespoon Fresh coconut
- 10 Raisins
- 4 tablespoon Jaggery
- 2 tablespoon Ghee
- 1 cup Milk
- 2 Cardamom (Elaichi) Pods/Seeds
- 2 teaspoon Rice
- 3 tablespoon Poppy seeds
- 10 Cashew nuts
- 1 pinch Salt

METHOD

1. Roast poppy seeds and rice in a skillet on low-medium heat until golden brown, about 4-6 minutes; cool.
2. Grind into a coarse mixture, then add grated coconut and water and grind again until smooth.
3. Heat milk in a saucepan; add the ground poppy seed-coconut mixture, cardamom pods and jaggery; bring to a boil.
4. Boil until the payasam thickens.
5. Heat ghee in a tadka pan; fry cashews and raisins for 2 minutes.
6. Pour the tempering over the payasam and serve.

30 min · Karnataka · 4 servings · archanaskitchen.com/karnataka-style-gasagase-payasa-recipe-poppy-seed-payasam

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Gasagase Payasa

- A portion of the milk fortified with milk powder for extra protein
- Cashew quantity increased for added protein
- Poppy seed quantity kept exactly as original
- Stir the milk powder in while the payasam is still warm so it dissolves smoothly

300	9.0g	14.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Poppy Seed Rosewater Payasam

- A few drops of rosewater added along with the cardamom
- Pistachios used alongside the cashews for garnish
- A pinch of saffron added for color and aroma
- Add the rosewater off the heat to keep its fragrance fresh

240	5.0g	11.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Gasagase Payasa

- Jaggery reduced from 4 tablespoons to 2 tablespoons
- Ghee reduced from 2 tablespoons to 1 teaspoon
- Milk swapped for low-fat milk
- Boil the payasam a little longer to thicken naturally with less jaggery

170	5.0g	6.0g
KCAL	PROTEIN	FAT

85 AI RECIPE TRANSFORMATION

Karpooravalli Chutney Recipe (Tamil Nadu Chutney With Big Thyme)

Tamil Nadu • Herbal-Tangy • Condiment

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

90 kcal	2.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon White Urad Dal (Split)
- 2 teaspoons Sunflower Oil
- 1/3 teaspoon Mustard seeds
- Salt - to taste
- 1 teaspoon Chana dal (Bengal Gram Dal)
- 1/2 cup Fresh coconut
- 2 Dry Red Chillies
- 10 grams Tamarind
- 10 Indian Borage (Doddapatre/Karpooravalli) leaves
- 1/4 teaspoon Asafoetida (hing)

METHOD

1. Wash the karpooravalli leaves well.
2. Heat oil; fry urad dal and chana dal until browned.
3. Add red chillies and the leaves; saute until the leaves shrink; cool.
4. Grind everything with salt, asafoetida, coconut and tamarind, adding a little water, into a fine or coarse chutney as preferred.
5. Temper mustard seeds in a teaspoon of oil; once they splutter, add to the chutney and mix.
6. Serve with steamed rice and rasam.

15 min · Tamil Nadu · 4 servings · archanaskitchen.com/karpooravalli-chutney-recipe-tamil-nadu-chutney-with-big-thyme

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Karpooravalli Chutney

- Chana dal and urad dal quantities doubled for extra protein
- Roasted peanuts added for crunch and protein
- Karpooravalli leaf quantity kept exactly as original
- Roast the extra dal until deep golden for full flavor

130	6.0g	7.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Herb Coconut Chutney

- Tamarind brightened with a squeeze of lime
- A dash of fish sauce (or soy) added for umami depth
- Finished with fresh Thai basil alongside the karpooravalli
- Blend coarsely for a chunkier, relish-like texture

95	2.0g	5.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Karpooravalli Chutney

- Coconut quantity reduced by a third
- Oil for tempering reduced to a light 1/2 teaspoon
- Extra leaves used for volume and flavor
- Grind with a little extra water instead of more coconut for body

60	2.0g	2.0g
KCAL	PROTEIN	FAT

86 AI RECIPE TRANSFORMATION

Karwar Style Ambade Udid Methi Recipe (Hog Plum Curry)

Coastal Karnataka • Tangy-Sweet • Coastal Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

200 kcal	4.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Coriander (Dhania) Seeds
- 6 Whole Black Peppercorns
- 4 Dry Red Chilli
- 2 teaspoons Sunflower Oil
- Salt - to taste
- 1/2 teaspoon Mustard seeds
- 3/4 cup Fresh coconut - grated
- 1 teaspoon Black Urad Dal (Split)
- 5 Hog Plum (Ambade)
- 2 tablespoons Jaggery
- 1 Karela (Bitter Gourd) - small
- 1 teaspoon Rice - raw
- 1/4 teaspoon Methi Seeds (Fenugreek Seeds)
- 1/4 teaspoon Turmeric powder (Haldi)
- 1 pinch Asafoetida (hing)

METHOD

1. Scrape and clean the bitter gourd, cut into thin rings, salt and set aside for an hour to reduce bitterness; wash and drain.
2. Roast the bitter gourd rings in a little oil on low heat until crisp.
3. Peel and clean the hog plums.
4. Lightly roast coriander seeds, urad dal, methi seeds, rice, peppercorns, asafoetida and dry red chillies separately; cool.
5. Grind the roasted ingredients with grated coconut and water into a smooth paste.
6. Mix the paste with a cup of water to form a semi-thick gravy in a kadai.
7. Add turmeric, hog plums, jaggery, roasted bitter gourd and salt; boil, stirring occasionally.
8. Lower heat and simmer 8-10 minutes until the hog plums are soft; adjust consistency with water if needed.
9. Temper mustard seeds and asafoetida in hot oil and pour over the curry.
10. Serve with steamed rice and sol kadhi.

50 min · Coastal Karnataka · 4 servings · archanaskitchen.com/ambade-udid-methi-recipe-karwar-style-hog-plum-curry

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Ambade Udid Methi

- Urad dal quantity doubled before roasting for the ground paste
- A handful of roasted peanuts ground in alongside the coconut
- Hog plum and bitter gourd quantities kept exactly as original
- Roast the extra dal until deep golden for full flavor

250	8.0g	13.0g
KCAL	PROTEIN	FAT

CARIBBEAN FUSION

Caribbean-Style Hog Plum Curry

- Coriander and methi swapped for allspice and a touch of ginger
- A scotch bonnet chilli added in place of dry red chillies
- Finished with fresh thyme instead of a curry leaf tempering
- Simmer the allspice and ginger in the gravy a little longer for depth

220	4.0g	11.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Ambade Udid Methi

- Coconut quantity reduced by a third, extra hog plum used for body
- Jaggery reduced from 2 tablespoons to 1 tablespoon
- Bitter gourd roasted with minimal oil instead of a generous coating
- Dry-roast the bitter gourd rings with just a light oil spray

130	3.0g	5.0g
KCAL	PROTEIN	FAT

87 AI RECIPE TRANSFORMATION

Kashmiri Kokur T Nadir Recipe (Chicken and Lotus Stem Curry)

Kashmiri • Rich • Weekend Feast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

360 kcal	26.0 g	20.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Dry ginger powder
- 1/4 teaspoon Fennel seeds (Saunf)
- 1 inch Ginger - chopped
- Salt - to taste
- 1 teaspoon Cumin seeds (Jeera)
- 3 sprig Coriander (Dhania) Leaves - for garnish
- 2 teaspoon Kashmiri Red Chilli Powder
- 1 teaspoon Ajwain (Carom seeds)
- 1/2 teaspoon Mint powder (Pudina)
- 2 cups Lotus Stem - peeled and sliced
- 2 Black cardamom (Badi Elaichi)
- 1 Bay leaf (tej patta)
- 1/4 teaspoon Asafoetida (hing)
- 3 tablespoon Mustard oil
- 2 cups Water
- 1-1/2 cups Curd (Dahi) - whisked
- 750 grams Chicken - medium pieces
- 4 Cloves (Laung)
- 2 teaspoon Fennel Powder

METHOD

1. Marinate chicken with Kashmiri red chilli powder, fennel powder and dry ginger powder for 30 minutes.
2. Soak lotus stem slices in warm water briefly to remove impurities; drain.
3. Pressure cook the lotus stem with water, bay leaf, fennel seeds, black cardamom, cloves, ginger and salt for 2-3 whistles.
4. Heat mustard oil; add cumin seeds and asafoetida, cook 8-10 seconds.
5. Add the marinated chicken and whisked curd; cook on medium-low until the yogurt thickens and oil separates.
6. Add the boiled, strained lotus stem to the gravy; cook 5 more minutes on low flame.
7. Crush ajwain and dry mint leaves; add to the gravy.
8. Adjust salt, cook until thickened, and garnish with coriander leaves before serving.

70 min · Kashmiri · 4 servings · archanaskitchen.com/kashmiri-kokur-t-nadir-recipe-chicken-and-lotus-stem-curry

THREE SMART VARIATIONS

VEGETARIAN

Kashmiri Paneer & Lotus Stem Curry

- Chicken replaced with pan-seared paneer cubes
- Curd gravy and whole-spice base kept exactly as original
- Lotus stem quantity kept exactly as original
- Add the paneer in the last few minutes so it stays soft

340	13.0g	18.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Chicken Lotus Stem Coconut Curry

- Curd partly replaced with coconut milk for a Thai-curry richness
- A stalk of lemongrass added while the cumin sizzles
- Finished with Thai basil instead of mint powder
- Simmer the chicken a little longer in the coconut-curd gravy to absorb the flavor

400	27.0g	24.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kashmiri Kokur T Nadir

- Mustard oil reduced from 3 tablespoons to 1 tablespoon
- Curd swapped for low-fat curd
- Chicken swapped for skinless chicken pieces
- Saute the aromatics in a nonstick pan with minimal oil

280	27.0g	9.0g
KCAL	PROTEIN	FAT

88 AI RECIPE TRANSFORMATION

Kerala Chicken Curry Recipe With Freshly Ground Spices

Kerala • Aromatic • Weekend Feast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

380 kcal	26.0 g	20.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 inch Cinnamon Stick (Dalchini)
- 8 Curry leaves
- 1 inch Ginger - grated
- Coconut Oil
- 1 teaspoon Mustard seeds
- 6 cloves Garlic - finely chopped
- 1 tablespoon Whole Black Peppercorns
- 1 teaspoon Fennel seeds (Saunf)
- 2 Dry Red Chillies
- Salt - to taste
- 500 grams Chicken - medium pieces
- 1/2 cup Coconut milk - or grated coconut
- 1 Onion - roughly chopped
- 1 teaspoon Coriander Seeds

METHOD

1. Marinate chicken with curd and salt for 2 hours.
2. Dry roast peppercorns, coriander seeds, cinnamon, fennel and red chillies for about 5 minutes; cool and grind coarsely.
3. Heat oil; add mustard seeds and let them splutter.
4. Add onion and curry leaves, saute until lightly browned.
5. Add ginger and garlic, saute a minute.
6. Add chicken, half the ground masala and salt; add coconut if using desiccated.
7. Cover and simmer 15-20 minutes until the chicken is almost done, stirring occasionally.
8. If using coconut milk, add now and simmer 5 more minutes.
9. Add the remaining ground masala and stir well.
10. Cover and rest 5-10 minutes before serving with appam or ghee rice.

55 min · Kerala Recipes · 4 servings · archanaskitchen.com/kerala-chicken-curry-recipe-with-freshly-ground-spices

THREE SMART VARIATIONS

VEGETARIAN

Kerala Paneer & Jackfruit Curry

- Chicken replaced with a mix of paneer cubes and boiled jackfruit
- Freshly ground spice masala kept exactly as original
- Paneer-jackfruit mix simmered for a shorter time than the chicken would need
- Add the paneer in the last few minutes so it stays soft

340	12.0g	18.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Kerala Coconut Chicken Curry

- Coconut milk quantity increased for a richer, Thai-inspired curry
- A stalk of lemongrass added while the onions saute
- Finished with Thai basil instead of curry leaves
- Simmer the chicken a little longer in the richer coconut curry

420	27.0g	24.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kerala Chicken Curry

- Coconut oil reduced to a light 1 teaspoon
- Coconut milk reduced by half, extra water used instead
- Chicken swapped for skinless chicken breast
- Simmer a little longer to thicken naturally with less coconut milk and oil

280	27.0g	8.0g
KCAL	PROTEIN	FAT

89 AI RECIPE TRANSFORMATION

Kerala Palada Pradhaman Recipe

Kerala • Creamy • Festive Dessert

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

280 kcal	7.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3/4 cup Sugar
- 2 liter Milk - full cream
- 1 cup Ada
- 1/2 teaspoon Cardamom Powder (Elaichi)
- 1 tablespoon Ghee

METHOD

1. Slow boil milk with 1/2 cup sugar on low flame until reduced to less than half; a pressure cooker with the weight on for 60 minutes also works and turns the milk slightly pink.
2. Cook the ada as per packet instructions; drain and rinse in cold water to stop cooking.
3. Heat ghee in a pan, add 1/4 cup sugar and saute until it melts and turns slightly brown.
4. Add the cooked ada and saute for about 2 minutes.
5. Add 1 to 1-1/2 cups of the reduced milk and mix well, adding more milk if needed.
6. Sprinkle in cardamom powder and mix well.
7. Serve hot or cold, both ways are delicious.

90 min · Kerala Recipes · 4 servings · archanaskitchen.com/kerala-palada-pradhaman-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Palada Pradhaman

- A portion of the milk fortified with milk powder for extra protein
- Chopped cashews and almonds stirred in with the cardamom
- Ada quantity kept exactly as original
- Stir the milk powder in while the milk is still warm so it dissolves smoothly

330	12.0g	11.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Saffron Rice Pudding

- A few strands of saffron steeped into the reducing milk
- Rosewater added alongside the cardamom powder
- Garnished with slivered pistachios instead of a plain finish
- Steep saffron in a spoon of warm milk before adding to the pot

300	7.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Palada Pradhaman

- Full cream milk swapped for toned or low-fat milk
- Sugar reduced from 3/4 cup to 1/2 cup total
- Ghee reduced to a light finishing touch
- Reduce the milk a little longer to build flavor without extra sugar

190	8.0g	4.0g
KCAL	PROTEIN	FAT

90 AI RECIPE TRANSFORMATION

Kerala Style Arbi Curry Recipe

Kerala • Tangy-Coconutty • Everyday Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

200 kcal	3.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/4 cup Coconut - grated
- 2 Dry Red Chillies - broken
- 1 teaspoon Cumin seeds
- 1 teaspoon Red Chilli powder
- 250 grams Arbi (Colocasia) - washed
- 1 teaspoon Mustard seeds
- 2 Onions - chopped
- Salt - to taste
- 1 Tamarind - Malabar variety
- 2 Onions - peeled and chopped
- 7 Curry leaves
- 1 tablespoon Coconut Oil

METHOD

1. Wash and boil the arbi well; peel with coconut-oiled hands and chop.
2. Add tamarind, salt, arbi and water to a pan; cook until well done.
3. Grind coconut, red chilli powder and small onions into a paste.
4. Add the paste to the pan with salt; mix and cook 5-6 minutes.
5. Heat oil for tempering; add mustard seeds and cumin seeds, cook 10 seconds.
6. Add onion and curry leaves, cook until the onion softens.
7. Add dry red chillies and cook 10 seconds.
8. Add the tempering to the curry and mix.
9. Serve with rice and cumin rasam.

40 min · Kerala Recipes · 4 servings · archanaskitchen.com/kerala-style-taroo-root-curry-recipe-colacasia-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Kerala Arbi Curry

- A handful of boiled moong dal stirred in with the arbi
- Roasted peanuts ground into the coconut paste for extra protein
- Arbi quantity kept exactly as original
- Add the moong dal at the same stage as the arbi so it cooks through

230	7.0g	11.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Coconut Taro Curry

- Coconut paste loosened with coconut milk for a Thai-curry consistency
- A stalk of lemongrass added while the onions temper
- Finished with Thai basil instead of curry leaves
- Simmer the arbi a few extra minutes in the coconut-milk gravy

210	3.0g	12.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kerala Arbi Curry

- Coconut quantity reduced by a third
- Coconut oil for tempering reduced to a light 1/2 teaspoon
- Arbi quantity kept the same for the same fiber
- Simmer a little longer to thicken naturally with less coconut

130	3.0g	4.0g
KCAL	PROTEIN	FAT

91 AI RECIPE TRANSFORMATION

Kesar Chai Recipe - A Delicious Saffron Flavored Indian Tea

North Indian • Aromatic • Beverage

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

60 kcal	2.0 g	2.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Tea leaves
- 2 cups Water
- 1/4 cup Milk
- 10 Saffron strands - or more

METHOD

1. Add water and saffron strands to a saucepan and bring to a brisk boil.
2. Once boiling, add the tea leaves.
3. Simmer for about a minute, keeping the brew light so it doesn't turn bitter.
4. Stir in the milk and let it rest a few seconds.
5. Strain into cups and serve, garnished with a few extra saffron strands on top.

10 min · North Indian Recipes · 4 servings · archanas kitchen.com/kesar-chai-recipe-a-delicious-saffron-flavored-indian-tea

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Kesar Chai

- A spoon of milk powder stirred in for extra protein and body
- Milk quantity increased slightly relative to water
- Saffron quantity kept exactly as original
- Dissolve the milk powder in warm milk before adding to the brew

100	6.0g	3.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Rose Cardamom Chai

- A pod of crushed cardamom added alongside the saffron
- A drop of rosewater stirred in with the milk
- Served with a few chopped pistachios on top
- Simmer the cardamom with the water for the full brewing time

65	2.0g	2.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kesar Chai

- Full milk swapped for a splash of low-fat or almond milk
- Water quantity increased slightly to keep the chai light
- Saffron quantity kept the same for full flavor with less richness
- Strain a little longer to keep the chai light-bodied

35	1.0g	1.0g
KCAL	PROTEIN	FAT

92 AI RECIPE TRANSFORMATION

Kesar Mango Lassi Recipe - Saffron Mango Lassi Recipe

Indian • Refreshing • Beverage

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	6.0 g	5.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- Ice cubes - a few
- 3 tablespoons Milk - luke warm, plus more cold milk as needed
- 1 cup Curd (Dahi/Yogurt) - low fat
- 3/4 cup Mango Pulp (Puree)
- 2 pinch Saffron strands
- 1 tablespoon Sugar - or honey
- 3 tablespoons Badam (Almond) - roughly chopped

METHOD

1. Soak a pinch of saffron in 2 tablespoons of warm milk; set aside for a few minutes.
2. Take out the pulp from the mangoes and keep aside.
3. In a blender, add mango pulp, curd, cold milk and blend until combined.
4. Add chopped almonds, honey or sugar and ice cubes; blend again until smooth.
5. Pour into glasses and garnish with the remaining chopped almonds and saffron.
6. Serve with bhel puri or Asian watermelon salad.

25 min · Indian · 4 servings · archanaskitchen.com/mango-saffron-lassi-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Kesar Mango Lassi

- Curd swapped for thick Greek yogurt for a protein boost
- Almond quantity increased and blended in for a creamier, protein-rich texture
- Mango pulp quantity kept exactly as original
- Blend Greek yogurt in first to keep the lassi smooth

230	12.0g	8.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Mango Chili Lassi

- A pinch of tajin or chilli-lime seasoning added to the glass rim
- Lime juice stirred in alongside the mango pulp
- Honey swapped for a touch of agave
- Rim the glass with tajin before pouring the lassi

190	6.0g	5.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kesar Mango Lassi

- Sugar reduced by half, natural sweetness from extra mango pulp instead
- Curd swapped for low-fat curd
- Almond garnish reduced to a light sprinkle
- Blend with extra ice for a thicker texture without added sugar

120	6.0g	2.0g
KCAL	PROTEIN	FAT

93 AI RECIPE TRANSFORMATION

Kobbari Charu Recipe (Coconut Milk Dal Sambar)

South Indian • Creamy • Comfort Soup

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	4.0 g	12.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2-1/2 cups Coconut milk
- Coriander leaves - a little
- Curry leaves - a little
- 1 cup Water
- 1/2 teaspoon Mustard seeds
- 1/4 teaspoon Turmeric powder
- Salt - as per taste
- 1/2 teaspoon Cumin seeds
- 1 teaspoon Oil
- 6 Green Chillies - adjust to taste
- 1/4 cup Roasted Chana Dal

METHOD

1. Grind the white part of the coconut with 2 cups water and strain to make coconut milk.
2. Grind roasted chana dal, green chillies and a little water into a smooth paste.
3. Heat oil in a pan; add mustard seeds, cumin seeds and curry leaves, cook a few seconds.
4. Add turmeric powder, water, coconut milk and salt; bring to a boil.
5. Add the chana dal paste, stirring to avoid lumps, and let it boil.
6. Add coriander leaves and mix.
7. Turn off the heat and serve with rice and chow chow thoran.

50 min · South Indian Recipes · 4 servings · archanas kitchen.com/kobbari-chaaru-recipe-coconut-milk-dal-sambar-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Kobbari Charu

- Roasted chana dal quantity increased for a thicker, protein-rich base
- A handful of boiled moong dal stirred in alongside the chana paste
- Coconut milk quantity kept exactly as original
- Blend the extra dal in smoothly to keep the charu lump-free

220	8.0g	13.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Coconut Chana Soup

- A stalk of lemongrass simmered in the coconut milk
- A squeeze of lime added at the end for brightness
- Finished with Thai basil instead of coriander leaves
- Simmer the lemongrass in the coconut milk before straining it out

190	4.0g	13.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Kobbari Charu

- Coconut milk reduced by a third, extra water used instead
- Chana dal quantity kept the same for protein and body
- Oil for tempering reduced to a light 1/2 teaspoon
- Simmer a little longer to build flavor with less coconut milk

120	4.0g	6.0g
KCAL	PROTEIN	FAT

94 AI RECIPE TRANSFORMATION

Lauki Badi Ki Sabzi Recipe (Bottle Gourd With Lentil Dumplings)

Rajasthani • Homestyle • Weeknight Curry

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

180 kcal	6.0 g	8.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1/2 teaspoon Garam masala powder
- 1/2 teaspoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 3 cloves Garlic - grated
- Oil - as needed
- 4 Curry leaves
- Asafoetida - a pinch
- 1/2 cup Badi (dried lentil dumplings)
- 1 Green Chilli - finely chopped
- 1/2 teaspoon Mustard seeds
- 1/2 teaspoon Turmeric powder (Haldi)
- 1/2 teaspoon Cumin seeds (Jeera)
- 1 inch Ginger - grated
- 1/2 Bottle gourd (Lauki) - peeled and chopped

METHOD

1. Roast the badi in a dry pan until lightly browned, taking care not to burn; cool.
2. Heat oil; add cumin seeds, mustard seeds and asafoetida.
3. After 20 seconds, add green chilli and ginger-garlic.
4. After a minute, add the bottle gourd and cook until soft.
5. Once soft, add the roasted badi and mix.
6. Add red chilli powder, turmeric, coriander powder, garam masala and salt.
7. Add a splash of water and cook on low heat for a couple of minutes.
8. Garnish with coriander leaves and serve with panchmel dal and tawa paratha.

30 min · Rajasthani · 4 servings · archanaskitchen.com/lauki-badi-ki-sabzi-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Lauki Badi Ki Sabzi

- Badi quantity increased for a heartier protein base
- A handful of boiled moong dal stirred in alongside the lauki
- Bottle gourd quantity kept exactly as original
- Roast the extra badi the same way until lightly browned

220	10.0g	10.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Bottle Gourd Lentil Dumpling Curry

- Gravy loosened with a splash of coconut milk
- A Thai chilli added alongside the green chilli
- Finished with Thai basil instead of curry leaves
- Simmer the badi a few extra minutes in the coconut-milk gravy

200	6.0g	10.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Lauki Badi Ki Sabzi

- Badi dry-roasted with minimal oil
- Oil for the sabzi reduced to a light 1 teaspoon
- Bottle gourd quantity kept the same for the same fiber
- Cook covered a little longer on low heat instead of adding extra oil

130	5.0g	4.0g
KCAL	PROTEIN	FAT

95 AI RECIPE TRANSFORMATION

Lauki Burfi With Paneer Recipe (Bottle Gourd Fudge With Cottage Cheese)

Indian • Nutritious • Festive Sweet

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	8.0 g	10.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 3/4 cup Sugar
- 1 teaspoon Cardamom Powder (Elaichi)
- 250 grams Chenna (Homemade Cottage Cheese)
- 1 tablespoon Ghee - for cooking
- 1/2 tablespoon Slivered Almonds (Badam)
- 1 teaspoon Ghee - for greasing
- 1 kg Bottle gourd (Lauki)

METHOD

1. Heat ghee in a pan; add grated lauki and saute 2-3 minutes until soft and releasing water.
2. Add sugar and mix well.
3. Saute on medium heat until all the water from the lauki-sugar mixture evaporates.
4. Add the homemade chenna (paneer) and mix everything thoroughly.
5. Saute on low flame 3-4 minutes until well combined.
6. Add cardamom powder and mix.
7. Grease a tray with ghee; transfer the mixture and spread evenly.
8. Garnish with slivered almonds and let cool 10-15 minutes.
9. Cut into squares with a sharp knife and serve as a nutritious sweet.

50 min · Indian · 4 servings · archanaskitchen.com/lauki-burfi-with-paneer-recipe-bottle-gourd-fudge-with-cottage-cheese

THREE SMART VARIATIONS

HIGH PROTEIN

Extra High-Protein Lauki Burfi

- Chenna quantity increased from 250g to 350g for a denser protein bite
- Almond garnish increased for added protein and crunch
- Lauki and sugar quantities kept exactly as original
- Mix the extra chenna in evenly so the burfi still sets well

250	11.0g	11.0g
KCAL	PROTEIN	FAT

MIDDLE EASTERN FUSION

Middle Eastern Rosewater Lauki Paneer Fudge

- A few drops of rosewater added along with the cardamom
- Finished with chopped pistachios instead of just almonds
- A pinch of saffron added for color and aroma
- Add the rosewater off the heat to keep its fragrance fresh

210	8.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Lauki Burfi With Paneer

- Sugar reduced from 3/4 cup to 1/2 cup
- Ghee reduced from about 2 teaspoons total to 1 teaspoon
- Low-fat paneer used in place of regular chenna
- Cook the lauki a little longer to concentrate flavor with less sugar and ghee

160	8.0g	5.0g
KCAL	PROTEIN	FAT

96 AI RECIPE TRANSFORMATION

Left Over Vadai Upma Recipe

South Indian • Resourceful • Breakfast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

220 kcal	7.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Dry Red Chilli
- Sunflower Oil - as needed
- 1/2 teaspoon Mustard seeds
- Salt - to taste
- 6 Medu vada
- 1 tablespoon Ginger - finely chopped
- 2 Green Chillies - finely chopped
- 1 Onion - finely chopped
- 1/2 teaspoon Chana dal (Bengal Gram Dal)
- 1 sprig Curry leaves
- 1 sprig Coriander (Dhania) Leaves
- 1 pinch Asafoetida (hing)

METHOD

1. Break the medu vadas by hand into crumbs.
2. Heat oil; add asafoetida, mustard seeds, chana dal and dry red chilli, saute well.
3. Add green chillies and onions; fry for a minute.
4. Add salt and turmeric; let it cook well.
5. Add curry leaves and cook a minute more.
6. Add the crumbled vadai and mix well; cook 2-3 minutes.
7. Garnish with coriander leaves and serve with coconut chutney and filter coffee.

15 min · South Indian Recipes · 4 servings · archanas kitchen.com/left-over-vadai-upma-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Vadai Upma

- Chana dal quantity doubled in the tempering for extra protein
- A handful of roasted peanuts stirred in
- Vada quantity kept exactly as original
- Roast the extra dal until deep golden for full flavor

260	10.0g	11.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Vadai Nacho Upma

- A pinch of cumin and chilli powder added to the tempering
- Finished with fresh coriander, diced tomato and a squeeze of lime
- Served nacho-style with the crumbled vada as the crunchy base
- Toss the lime juice in off the heat to keep the flavor bright

230	7.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Vadai Upma

- Oil reduced to a light 1 teaspoon
- Extra onion and curry leaves used for flavor without added fat
- Vada quantity kept the same for the same protein
- Saute in a nonstick pan with minimal oil

160	7.0g	4.0g
KCAL	PROTEIN	FAT

97 AI RECIPE TRANSFORMATION

Maharashtrian Kakdi Thalipeeth Recipe - Spiced Cucumber Flat Bread

Maharashtrian • Rustic • Breakfast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

210 kcal	6.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 teaspoon Cumin powder (Jeera)
- 5 cloves Garlic - finely chopped
- 1/2 cup Coriander (Dhania) Leaves - chopped
- 1 Cucumber - peeled and grated
- Salt - to taste
- 1/2 cup Whole Wheat Flour
- 1/2 cup Gram flour (besan)
- 1 teaspoon Coriander Powder (Dhania)
- 1 teaspoon Red Chilli powder
- 2 Green Chillies - finely chopped
- 1/4 cup Rice flour
- 1 teaspoon Turmeric powder (Haldi)
- Ghee - for smearing

METHOD

1. In a large bowl, mix the wheat flour, besan and rice flour together.
2. Add grated cucumber, turmeric, cumin powder, coriander powder, red chilli powder, green chillies, coriander leaves, garlic and salt.
3. Mix well, adding a little water at a time to form a smooth, firm dough.
4. Let the dough rest for 5 minutes.
5. Divide the dough into 4 portions.
6. Preheat a skillet on medium heat.
7. Pat a portion onto a wet muslin cloth to about 4 inches in diameter.
8. Flip the patted thalipeeth onto the skillet using the cloth.
9. Drizzle ghee around the edges and cook on medium heat, flipping after about 3 minutes.
10. Cook each side 3 to 4 minutes until slightly crisp and browned.
11. Repeat with remaining portions and serve with yogurt or lahsun chutney.

60 min · Maharashtrian Recipes · 4 servings · archanaskitchen.com/maharashtrian-kakdi-thalipeeth-recipe-spiced-cucumber-flat-bread

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Kakdi Thalipeeth

- Besan quantity increased relative to wheat flour
- A spoon of roasted moong dal flour added to the dough
- Cucumber quantity kept exactly as original
- Rest the dough a little longer to let the extra flours hydrate

260	11.0g	8.0g
KCAL	PROTEIN	FAT

MEDITERRANEAN FUSION

Mediterranean Cucumber Flatbread

- Cumin and coriander powder swapped for za'atar and sumac
- Ghee replaced with olive oil for smearing
- Served with a side of hung curd and mint instead of chutney
- Cook on a hot tawa with olive oil instead of ghee

220	7.0g	8.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Cucumber Thalipeeth

- Ghee smearing reduced to a light brush
- Rice flour reduced slightly, extra grated cucumber added instead
- Cooked on a nonstick tawa with minimal oil
- Use a light oil spray instead of ghee while cooking

140	5.0g	2.0g
KCAL	PROTEIN	FAT

98 AI RECIPE TRANSFORMATION

Masala Karela Recipe

Indian • Traditional • Sabzi

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

275 kcal	4.9 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 tablespoon Red Chilli powder
- 3 tablespoon Gram flour (besan)
- 2 teaspoons Cumin seeds (Jeera)
- 1 tablespoon Coriander Powder (Dhania)
- 2 teaspoons Turmeric powder (Haldi)
- Salt - to taste
- 1 tablespoon Amchur (Dry Mango Powder)
- 6 Karela (Bitter Gourd/ Pavakkai) - deseeded
- Sunflower Oil - as required
- 1 Onion - thinly sliced

METHOD

1. De-seed the karela and slice it, keeping the skin on as it has all the nutrients.
2. Add the karela to a pressure cooker with 3 tablespoon water, salt and turmeric powder; pressure cook for three whistles.
3. Release the pressure immediately, open the lid and keep the karela aside.
4. Heat oil in a heavy-bottomed pan or kadhai; add cumin seeds and let them sizzle.
5. Add onions and saute until golden brown.
6. Add the karela, red chilli powder, amchur powder, coriander powder and besan; stir to coat.
7. Drizzle a little extra oil on top and mix again.
8. Cover the pan and simmer, stirring occasionally, until everything comes together well.
9. Turn off the heat and transfer the Masala Karela to a serving bowl.
10. Serve with Panchmel Dal and Phulka for a weekday meal.

45 min · Indian · 4 servings · archanaskitchen.com/masala-karela-recipe

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Masala Karela

- Besan swapped for a besan + soy-flour blend
- Pan-seared paneer cubes tossed in with the masala
- Extra cumin and coriander for a flavor lift (FlavorDB pairing)
- Karela kept exactly as original — not reduced
- Sear paneer separately, fold in at the end

310	15.0g	12.0g
KCAL	PROTEIN	FAT

THAI FUSION

Thai-Style Karela Stir-Fry

- Besan-masala coating replaced with garlic, Thai chilli and fish sauce (or soy for veg)
- Lime juice and a pinch of palm sugar added to balance the bitterness
- Fresh Thai basil stirred in off the heat
- Quick wok stir-fry instead of a covered simmer
- Slice karela thinner for faster, even cooking

230	5.0g	10.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Air-Fried Light Karela

- Oil cut from a generous drizzle to a 1 tsp brush
- Onion reduced by half, extra tomato added for moisture
- Masala coating kept the same for full flavor
- Air fry masala-coated karela at 190°C for 12 minutes
- Toss once halfway through for even browning

150	4.0g	3.0g
KCAL	PROTEIN	FAT

99 AI RECIPE TRANSFORMATION

Ragi Semiya Upma Recipe - Ragi Millet Vermicelli Breakfast

South Indian • Wholesome • Breakfast

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

340 kcal	8.0 g	6.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 1 Onion - sliced
- 1 teaspoon White Urad Dal (Split)
- 2 Green Chillies
- Salt - to taste
- 1 teaspoon Lemon juice
- 1 teaspoon Ghee
- 1 teaspoon Mustard seeds
- 1/3 cup Green peas (Matar)
- 1/4 teaspoon Asafoetida (hing)
- 1/2 cup Carrots (Gajjar) - chopped
- 1 sprig Curry leaves
- 1-1/2 cups Rice Vermicelli Noodles (Thin)

METHOD

1. Steam the ragi vermicelli for 5-6 minutes until cooked but firm; set aside.
2. Heat ghee in a kadai, add hing and let it sizzle for 30 seconds.
3. Add mustard seeds, urad dal and curry leaves; let them crackle and lightly brown.
4. Add onions and fry until translucent and soft.
5. Add green chillies, carrots and peas; season with salt and cook 2-3 minutes.
6. Add the steamed vermicelli and toss to combine with the vegetables.
7. Switch off the heat, stir in lemon juice and serve with coconut chutney.

50 min · South Indian Recipes · 4 servings · archanas kitchen.com/ragi-vermicelli-semiya-recipe-healthy-finger-millet-semiya-breakfast

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Ragi Upma

- Roasted peanuts added alongside the urad dal tempering
- Sprouted moong stirred in with the peas and carrots
- Crumbled paneer folded through just before serving
- Toast peanuts with the tempering before adding onions

390	16.0g	10.0g
KCAL	PROTEIN	FAT

KOREAN FUSION

Korean-Style Ragi Noodle Stir-Fry

- Ghee tempering swapped for sesame oil and garlic
- Gochujang and soy sauce added for a savory-spicy glaze
- Finished with toasted sesame seeds and spring onion
- Toss vermicelli and vegetables in sauce over high heat, wok-style

360	9.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Steamed Light Ragi Upma

- Ghee reduced to a 1/4 teaspoon finishing drizzle
- Carrot and peas doubled to bulk up volume with fewer calories
- Extra cucumber and cabbage shreds folded in at the end
- Steam-saute vegetables with a splash of water instead of ghee

230	7.0g	2.0g
KCAL	PROTEIN	FAT

100 AI RECIPE TRANSFORMATION

Spicy Tomato Rice (Recipe)

South Indian • Tangy • Quick

Original Recipe → AI Analysis · IFCT + FlavorDB → 3 Smart Variations

ORIGINAL RECIPE

460 kcal	7.0 g	9.0 g
KCAL	PROTEIN	FAT

INGREDIENTS

- 2 teaspoon cashew - or peanuts
- 1/2 Teaspoon mustard seeds
- 1 dry red chilli
- 1 teaspoon white urad dal
- 1 teaspoon chickpea lentils (chana dal)
- Salt - as per taste
- 1 green chilli
- 1-1/2 tablespoon oil
- 1/2 teaspoon asafoetida
- 1/2 teaspoon cumin seeds
- 3 teaspoons BC Belle Bhat powder
- 2-1/2 cups rice - cooked
- 3 tomatoes

METHOD

1. Cut the tomatoes and puree them in a mixer grinder.
2. Heat oil in a pan; add chana dal, urad dal and cashew, cook 10 to 20 seconds.
3. Add cumin seeds, mustard seeds, green chillies, dry red chillies and curry leaves.
4. After 30 seconds, add the tomato puree and mix.
5. Stir in BC Belle Bhat powder and salt; cook for 7 to 8 minutes.
6. Fold in the cooked rice and mix well.
7. Serve hot with tomato-cucumber raita and papad.

15 min · South Indian Recipes · 4 servings · archanas kitchen.com/spicy-tomato-rice-recipe-in-hindi

THREE SMART VARIATIONS

HIGH PROTEIN

High-Protein Tomato Rice

- Half the rice swapped for cooked moong dal for added protein
- Cashew quantity doubled for texture and protein
- Pan-seared paneer cubes stirred in at the end
- Cook moong dal separately, fold in with the rice

470	18.0g	12.0g
KCAL	PROTEIN	FAT

MEXICAN FUSION

Mexican-Style Tomato Rice

- Belle Bhat powder replaced with cumin, smoked paprika and chilli powder
- Bell pepper and corn kernels folded into the puree
- Finished with lime juice and fresh coriander
- Saute peppers and corn before adding the puree

430	8.0g	9.0g
KCAL	PROTEIN	FAT

LOW CALORIE

Light Veggie Tomato Rice

- Oil reduced from 1-1/2 tbsp to 1/2 tbsp
- Cashew swapped for a lighter roasted peanut sprinkle
- Grated carrot and cauliflower rice mixed in to bulk up volume
- Dry-roast tempering spices instead of frying in oil

300	6.0g	4.0g
KCAL	PROTEIN	FAT